MISSIONARY
VOCABULARY & PHRASES
HMONG

MISSIONARY TRAINING CENTER

Missionary Vocabulary & Phrases

This Missionary Vocabulary & Phrases booklet contains essential vocabulary and phrases for teaching the lessons in chapter 3 of *Preach My Gospel* and accomplishing common missionary tasks. Refer to the "Create a Language Study Plan" section in chapter 7 of *Preach My Gospel* to help you focus on what you can do each day to improve your ability to speak your mission language.

This booklet is designed to help you become familiar with basic vocabulary and phrases in order to be functional in teaching and accomplishing common missionary tasks. It does not contain all of the vocabulary from the lessons in *Preach My Gospel* or that are necessary for every missionary task. You will need to look-up and learn additional vocabulary in order to become proficient in your mission language. Additionally, there is material in this booklet that is not found in *Preach My Gospel.* This is to aid you in being able to speak your mission language in your own words.

Using the Booklet

- Familiarize yourself with this booklet.
- Set goals for learning vocabulary and phrases.
- Find the vocabulary and phrases you wish to learn.
- Memorize the vocabulary and phrases you need.
- Use the vocabulary and phrases as you speak, teach, and perform tasks.
- Review the vocabulary and phrases in this booklet often.

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Hmong
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Table of Contents

Vocabulary & Phrases by Category 1

Gospel Principles

Lesson 1: The Message of the Restoration of the Gospel of Jesus Christ 1
- God Is Our Loving Heavenly Father 1
- The Gospel Blesses Families 3
- Heavenly Father Reveals His Gospel in Every Dispensation 4
- The Savior's Earthly Ministry 6
- The Great Apostasy 8
- The Restoration of the Gospel of Jesus Christ through Joseph Smith 10
- The Book of Mormon: Another Testament of Jesus Christ 12
- Pray to Know the Truth through the Holy Ghost 14

Lesson 2: The Plan of Salvation 15
- Pre–Earth Life: God's Purpose and Plan for Us 15
- The Creation 17
- Agency and the Fall of Adam and Eve 18
- Our Life on Earth 20
- The Atonement 22
- The Spirit World 24
- The Resurrection, Judgment, and Immortality 25
- Kingdoms of Glory 27

Lesson 3: The Gospel of Jesus Christ 29
- Through Jesus Christ We Can Be Cleansed from Sin 29
- Faith in Jesus Christ 31
- Repentance 33
- Baptism, Our First Covenant 35
- The Gift of the Holy Ghost 38
- Endure to the End 40

Lesson 4: The Commandments: Preparing for Baptism and Confirmation 42
- Obedience 42
- Pray Often 43
- Study the Scriptures 45
- Keep the Sabbath Day Holy 47
- Baptism and Confirmation 49
- Follow the Prophet 50
- Keep the Ten Commandments 52
- Live the Law of Chastity 53
- Obey the Word of Wisdom 55
- Keep the Law of Tithing 57
- Observe the Law of the Fast 59
- How to Donate Tithes and Offerings 61
- Obey and Honor the Law 62

Lesson 5: Laws and Ordinances: After Baptism and Confirmation 63
- Priesthood and Auxiliaries 63
- Missionary Work 66
- Eternal Marriage 67
- Temples and Family History 69
- Service 71
- Teaching and Learning in the Church 72
- Enduring to the End 73

Missionary Tasks

Ask Questions and Listen . . . 74
Ask Appropriate Questions . . . 74
Ensure Understanding . . . 75
Show Support, Interest, and Appreciation . . . 75
Ask Additional Questions as Needed . . . 75

Conduct a Meeting . . . 77
Welcome . . . 77
Make Announcements . . . 77
Announce the Opening Hymn . . . 77
Announce the Opening Prayer . . . 78
Announce the Speakers . . . 78
Thank Participants . . . 78
Announce the Closing Hymn . . . 78
Announce the Closing Prayer . . . 79

Explain Priesthood Ordinances . . . 80
Tell What the Ordinance Is and State Its Purpose . . . 80
Explain What Happens During Baptism . . . 81
Explain What Happens During Confirmation . . . 81
Explain What Happens During the Blessing of the Sick . . . 82
Ask How Someone Feels about the Ordinance or if They Have Any Questions . . . 82

Extend Commitment Invitations . . . 83
Explain the Importance of Keeping Commitments . . . 83
Extend an Invitation . . . 83
If Necessary, Summarize What Someone Is to Do and When . . . 84
Promise Blessings for Keeping Commitments . . . 84
Provide Encouragement and Support, if Appropriate . . . 85
Make Plans to Follow up . . . 85

Follow up on Commitments . . . 86
Find out to What Extent Someone Fulfilled the Commitment . . . 86
Compliment Someone's Effort or Success . . . 86
Ask How the Experience Went . . . 86
If Commitment Was Not Kept, Express Concern and Disappointment . . . 87
If Commitment Was Not Kept, Find out Why . . . 87
If Necessary, Adjust the Commitment or Give the Original Invitation Again . . . 87
Provide Encouragement and Support . . . 88

Get to Know Someone . . . 89
Ask about Someone's Hometown . . . 89
Tell about Your Hometown . . . 89
Ask about Someone's Family . . . 89
Tell about Your Family . . . 90
Ask about Someone's Work and School . . . 90
Tell about Your Work and School . . . 91
Ask about Someone's Interests . . . 91
Tell about Your Interests . . . 91

Give Directions . . . 93
Explain Where a Place Is Located . . . 93
Explain How to Get Somewhere . . . 93
Tell How Far Away a Place Is . . . 94
Tell How Long It Takes to Get to a Place . . . 94

Help People Resolve Their Concerns . . . 95
Ask Appropriate Questions (to Discover Source of Concern) . . . 95
Ensure Your Understanding . . . 95
Demonstrate Your Interest, Appreciation, and Support . . . 95
Use Scriptures, Examples, Testimony, Experiences, or Explanations . . . 96
Invite or Re–invite Someone to Make a Commitment . . . 97

Express Confidence in the Person . . . 97
Make a Telephone Call . . . 98
Greet Someone on the Other End . . . 98
Identify Yourself . . . 98
Ask to Speak with Someone . . . 98
Ask When Someone Will Be Available . . . 98
Ask to Leave a Message . . . 99
Leave a Message . . . 99
Say You Dialed the Wrong Number . . . 99
Ask for Repetition . . . 99
End a Phone Call . . . 99
Make Appointments . . . 100
Ask to Meet with Someone . . . 100
Explain Preferences and Expectations . . . 100
Work out a Day, Time, and Place . . . 100
If Necessary, Ask for Address and/or Telephone Number . . . 101
Confirm the Appointment . . . 101
Make Purchases . . . 102
Say What You Are Looking for . . . 102
Ask Where to Find Something . . . 102
Describe an Item . . . 102
Ask the Price . . . 103
Pay for Something . . . 103
Meet Someone . . . 104
Greet Someone . . . 104
Introduce Yourself and Someone Else . . . 104
If Appropriate, Tell Whom You Represent . . . 104
Ask Someone's Name . . . 105
Express Pleasure in Meeting Someone . . . 105
Obtain Referrals . . . 106
Ask about People Who Might Be Interested . . . 106
Ask How Interested Someone Might Be in Learning More about the Church . . . 106
Ask Someone to Provide a Referral . . . 107
Invite Someone to Pray for Specific Individuals to Be Prepared to Hear the Gospel . . . 107
Discuss Ways Someone Can Help Their Friends Feel the Spirit . . . 107
Give Encouragement and Support . . . 108
Make Follow Up Plans . . . 109
Offer a Prayer . . . 110
Address Heavenly Father . . . 110
Express Gratitude . . . 110
Ask for Help and Blessings . . . 110
Close the Prayer in the Name of Jesus Christ . . . 111
Perform Priesthood Ordinances . . . 112
Perform Priesthood Mechanics . . . 112
Call Someone by Name and State the Authority by which the Ordinance Is Performed . . . 112
State What Ordinance You Are Performing . . . 112
Add Such Words of Blessing as the Spirit Dictates . . . 113
Close in the Name of Jesus Christ . . . 113
Plan Daily and Weekly Activities . . . 114
Discuss Needs of Investigators, Members, and Recent Converts . . . 114
Identify Regularly Scheduled Activities . . . 115
Schedule the Rest of Your Time . . . 115
Discuss Transportation Time and Mode to Each Appointment . . . 116
Share an Experience . . . 118
Give Background for an Experience . . . 118
Share the Experience . . . 118

Explain What Can Be Learned; Relate Experience to the Situation at Hand . . . 119
Talk with Everyone . . . 121
Talk about the Message . . . 121
Invite to Learn More . . . 122
Ask about Others Who Might Be Interested . . . 122
Teach Others How to Pray . . . 124
Explain What Prayer Is . . . 124
Explain the Steps of Prayer . . . 124
Ask about Someone's Feelings Regarding Prayer . . . 125
Share Your Feelings Regarding Prayer . . . 125
Invite Someone to Pray . . . 126
Testify . . . 127
State That You Know Something Is True . . . 127
State a Truth . . . 127
State How You Know Something Is True . . . 127
State Implications of Your Testimony . . . 128
Express Gratitude or Love . . . 129
Use the Scriptures . . . 130
Indicate that You Would Like to Share a Scripture . . . 130
Say Where the Scripture Is Found . . . 130
Provide Background and Context for the Scripture . . . 130
Invite Someone to Look for Important Points While Reading . . . 131
Ask Someone to Read the Scripture . . . 132
Apply the Scripture . . . 132

Other

Entertainment, Free Time, and Holidays . . . 133
Interests and Hobbies . . . 133
Arts . . . 133
Sports . . . 133
Musical Terms . . . 133
Holidays . . . 134
Medical and Health . . . 135
Illnesses . . . 135
Illness Treatments . . . 135
Illness Symptoms . . . 135
The Human Body . . . 135
The Human Body Senses . . . 136
Medical Terms . . . 136
Personal Care . . . 137
Hygiene . . . 137
Makeup . . . 137
Home, Family, and People Characteristics . . . 138
Family Relations . . . 138
Family Terms . . . 138
Home Terms . . . 139
Home Furnishings, Tools, and Things . . . 139
Cleaning Supplies . . . 139
Home Types . . . 140
Personality Traits and Characteristics . . . 140
Places and Travel . . . 141
Compass Directions . . . 141
Continents . . . 141
Places in Town . . . 141
City Features . . . 141

Banking . . . 141
Laundry . . . 142
Post Office . . . 142
Transportation Terms . . . 142
Citizenship Terms . . . 142
Nature . . . 143
Weather . . . 143
Seasons . . . 143
Land Animals . . . 143
Water Animals . . . 143
Insects and Bugs . . . 143
Geographical Features . . . 144
Plants, Flowers, and Trees . . . 144
School and Work . . . 145
School Terms . . . 145
School Subjects and Majors . . . 145
Work Terms . . . 145
Work Professions . . . 145
Eating and Food . . . 146
Eating Terms . . . 146
Beverages . . . 146
Meats . . . 146
Fruits and Vegetables . . . 146
Dairy . . . 146
Grains . . . 146
Entrees . . . 147
Seasonings, Ingredients, and Condiments . . . 147
Cooking Terms . . . 147
Clothing . . . 148
Clothing Fit . . . 148
Clothing Terms . . . 148
Clothing, Accessories . . . 148
Religion . . . 149
World Religions and Philosophies . . . 149
Religious Events and Meetings . . . 149
Religious Leaders . . . 149
Religious People . . . 149
Church Titles and Callings . . . 150
Religious Places . . . 150
Baptismal Interview . . . 151
Linguistic . . . 152
Adverbs of Time . . . 152
Comparatives . . . 152
Directions . . . 152
Common Verbs . . . 152
Other Common Terms . . . 153
Prepositions . . . 153
Conjunctions . . . 153
Subject Pronouns . . . 154
Quantifiers . . . 154
Question Words . . . 154
Common Adjectives and Adverbs . . . 154
Numbers . . . 155
Numbers, Cardinal 0–20 . . . 155
Numbers, Cardinal 20–Trillion . . . 155
Numbers, Ordinal . . . 155

Weeks and Months **156**
Days of the Week 156
Months of the Year 156
Colors **157**
Colors 157
MTC Vocabulary **158**
Missionary Terms 158
Missionary Objects 158
MTC Activities 158
MTC Classroom Objects 159
MTC People 159
Places in the MTC 159
TALL Lab 159

Vocabulary in Alphabetical Order 160

Language to Language **160**
Language to Language **183**

God Is Our Loving Heavenly Father

1. **God is our Heavenly Father.**
2. **We are His children.**
3. **God sent us to earth to** *learn and grow***.**
   a. learn and grow
   b. receive a physical body
   c. gain experience
4. **God prepared a plan to help us to** *return to Him***.**
   a. return to Him
   b. progress
   c. become like Him
5. **We can return to God by** *keeping ourselves clean***.**
   a. keeping ourselves clean
   b. staying close to Him
   c. being obedient
6. **The Atonement of Jesus Christ is central to God's plan.**
7. **Through the Atonement, we can be freed from sin.**

1. **Vajtswv yog peb Leej Txiv Saum Ntuj Ceeb Tsheej.**
2. **Peb yog Nws cov me nyuam.**
3. **Nws xa peb los nyob hauv ntiaj teb los** *kawm thiab loj hlob***.**
   a. kawm thiab loj hlob
   b. txais ib lub cev nqaij daim tawv
   c. kawm tau tej yam tseem ceeb
4. **Vajtswv tau npaj ib txoj hau kev los pab peb** *rov qab mus nrog Nws nyob***.**
   a. rov qab mus nrog Nws nyob
   b. vam meej
   c. rais los ua neeg zoo li Nws
5. **Peb muaj cai rov qab mus nrog Vajtswv nyob yog tias peb** *tswj peb tus kheej kom dawb huv***.**
   a. tswj peb tus kheej kom dawb huv
   b. nyob ze Nws
   c. mloog lus
6. **Yexus Khetos txoj Kev Theej Txhoj yog lub hauv paus ntawm Vajtswv txoj hau kev.**
7. **Los ntawm txoj Kev Theej Txhoj, peb dim tau peb tej kev txhaum.**

Atonement	txoj Kev Theej Txhoj	body	lub cev
burden	lub nra	child	tus me nyuam
children	cov me nyuam	choice	txoj kev xaiv
clean (adjective)	huv	commandment	txoj lus txib
to communicate	sib tham	cross	tus ntoo khaub lig
to cry (weep)	quaj	death	txoj kev tuag
earth	lub ntiaj teb	experience	tej yam yus ua
to face (usually bad things)	raug	to face (usually good things)	ntsib
faith	txoj kev ntseeg	flesh	nqaij daim tawv
freed	dim lawm	garden	lub vaj
Gethsemane	Khexemanes	glorified (adjective)	uas muaj lub yeeb koob
God	Vajtswv	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
to live (be alive)	muaj txoj sia nyob	to live (lead your life)	ua neej
to live (reside)	nyob	to love	hlub

love	txoj kev hlub	to make (build, develope)	ua
plan	txoj hau kev	prayer	txoj kev thov Vajtswv
presence	lub xub ntiag	pure (innocent)	huv
to return (to a familiar/close place)	rov qab los	to return (to an unfamiliar/far-away place)	rov qab tuaj
sin	txoj kev txhaum	strength	lub zog
successful	vam meej	to suffer	raug txom nyem
suffering	txoj kev txom nyem	trial (a test)	qhov sim siab
way (path, road, route)	txoj kev		

The Gospel Blesses Families

1. **Families are central to God's plan.**
2. **God established families to** *bring happiness to His children***.**
   a. bring happiness to His children
   b. provide an atmosphere for learning
   c. prepare His children for eternal life
3. **A home established on gospel principles is a place of** *peace***.**
   a. peace
   b. safety
   c. learning
   d. happiness
4. **The gospel of Jesus Christ strengthens families.**

1. **Tej tsev neeg ua lub hauv paus rau Vajtswv txoj hau kev.**
2. **Vajtswv tsim tsev neeg los** *coj tau kev zoo siab los rau Nws cov me nyuam***.**
   a. coj tau kev zoo siab los rau Nws cov me nyuam
   b. muab ib qho chaw rau lawv kawm
   c. npaj Nws cov me nyuam los txais txoj sia nyob mus ib txhis
3. **Ib lub tsev uas ceev txoj moo zoo tej ntsiab cai yog ib qho chaw uas muaj** *kev thaj yeeb nyab xeeb***.**
   a. kev thaj yeeb nyab xeeb
   b. kev nyob tsis muaj xwm txheej
   c. kev kawm ntawv
   d. kev zoo siab
4. **Yexus Khetos txoj moo zoo txhawb tsev neeg lub zog.**

to apply (put into action)	xyaum	to apply (relate)	piv
to bless	foom koob hmoov	blessing	txoj koob hmoov
challenge	kev cov nyom	child	tus me nyuam
to establish	txhim tsa	eternal life	txoj sia nyob mus ib txhis
eternity	mus ib txhis	family	tsev neeg
gospel	txoj moo zoo	happiness	txoj kev zoo siab
house (home)	lub tsev	husband	tus txiv
important	tseem ceeb	individual	ib leeg
Jesus Christ	Yexus Khetos	joy	txoj kev xyiv fab
to learn	kawm	to make (build, develope)	ua
ordained	tau tsa los	parent	niam los sis txiv
peace	txoj kev thaj yeeb nyab xeeb	place	qhov chaw
plan	txoj hau kev	to prepare	npaj
principle	lub ntsiab cai	prophet	tus yaj saub
to provide	muab	relationship (getting along)	txoj kev sib raug zoo
relationship (how you're related)	sib txheeb li cas	restored	tau muab txum tim rov qab los
right (correct)	yog	safety	txoj kev tsis muaj xwm txheej
Spirit of the Lord	tus Tswv tus Ntsuj Plig	spiritual	sab ntsuj plig
strength	lub zog	strong	muaj zog
to teach (preach)	qhia	wife	tus poj niam

Heavenly Father Reveals His Gospel in Every Dispensation

1. **God shows His love for us by calling prophets.**

2. **God calls prophets to** *testify of Jesus Christ***.**
   a. testify of Jesus Christ
   b. teach His children
   c. reveal truth

3. **God gives prophets the authority to** *perform ordinances***.**
   a. perform ordinances
   b. speak for Him
   c. direct His Church

4. **The writings of the prophets are found in the scriptures.**

5. **When people reject the prophets' teachings,** *it's called an apostasy***.**
   a. it's called an apostasy
   b. God removes His priesthood

6. **When God reveals His plan anew, it's called a dispensation.**

7. **Adam was the first prophet.**

8. **God revealed to Adam** *our relationship to deity***.**
   a. our relationship to deity
   b. the mission of Jesus Christ
   c. the first principles and ordinances of the gospel

9. **Eventually, people rejected** *the word of God***.**
   a. the word of God
   b. the prophets
   c. the teachings of the Gospel

10. **God called other prophets to teach His gospel plan.**

1. **Vajtswv ua rau peb pom Nws txoj kev hlub thaum Nws hu cov yaj saub.**

2. **Vajtswv hu cov yaj saub los** *ua tim khawv txog Yexus Khetos***.**
   a. ua tim khawv txog Yexus Khetos
   b. qhia Nws cov me nyuam
   c. muab qhov tseeb tshwm sim los

3. **Vajtswv pub txoj cai rau cov yaj saub los** *ua tej kab ke***.**
   a. ua tej kab ke
   b. hais lus sawv Nws cev
   c. coj Nws lub Koom Txoos

4. **Tej lus uas cov yaj saub tau sau tseg cia nyob hauv cov vaj lug kub.**

5. **Thaum uas tib neeg tsis kam lees txais cov yaj saub tej lus qhia,** *qhov ntawd hu ua txoj kev tso qhov tseeb tseg***.**
   a. qhov ntawd hu ua txoj kev tso qhov tseeb tseg
   b. Vajtswv muab Nws lub pov thawj hwj tshem tawm

6. **Thaum Vajtswv rov qab tshwm sim Nws txoj hau kev, qhov ntawd hu ua ib lub caij nyoog.**

7. **Adas yog thawj tus yaj saub.**

8. **Vajtswv qhia rau Adas saib** *peb nrog Vajtswv sib txheeb li cas***.**
   a. peb nrog Vajtswv sib txheeb li cas
   b. Yexus Khetos txoj hauj lwm
   c. txoj moo zoo thawj cov ntsiab cai thiab kab ke

9. **Tom qab ib ntus, tib neeg tsis kam lees txais** *Vajtswv txoj lus***.**
   a. Vajtswv txoj lus
   b. cov yaj saub
   c. tej lus qhia ntawm Txoj Moo Zoo

10. **Vajtswv hu lwm cov yaj saub los qhia Nws txoj moo zoo.**

to accept	lees txais	Adam	Adas
to administer (care)	saib xyuas	agency	txoj kev ywj siab
apostasy	txoj kev tso qhov tseeb tseg	Atonement	txoj Kev Theej Txhoj
authority	txoj cai	baptized	tau ua kev cai raus dej
to begin (start)	pib	to bless	foom koob hmoov
blessing	txoj koob hmoov	to call	hu
center	hauv plawv	children	cov me nyuam
to choose	xaiv	to communicate	sib tham
to deny (not allow)	txwv tsis pub	to disobey	tsis mloog lus

dispensation	lub caij nyoog	to distort	pauv
to do (perform, act)	ua	end	qhov kawg
to endure	nyiaj	eternal life	txoj sia nyob mus ib txhis
Eve	Evas	to exercise faith	siv kev ntseeg
to fail	swb	to find	nrhiav tau
freedom	txoj kev ywj pheej	gift (intangible/a talent)	lub txiaj ntsim
to give (freely/intangibles)	pub	to give (in hand/tangibles)	muab
God	Vajtswv	gospel	txoj moo zoo
history	zaj keeb kwm	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
to ignore	tsis quav ntsej	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej	to live (reside)	nyob
love	txoj kev hlub	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	Old Testament	Phau Qub
ordinance	txoj kab ke	pattern (model)	tus qauv
pattern (process)	tus txheej txheem	posterity	cov xeeb leej xeeb ntxwv
power	lub hwj chim	priesthood	lub pov thawj hwj
principle	lub ntsiab cai	prophet	tus yaj saub
to receive	txais	Redeemer	tus Txhiv Dim
to reject	xyeej pov tseg	relationship (getting along)	txoj kev sib raug zoo
remission of sins	tau kev zam txim	to repent	hloov siab lees txim
responsibility	txoj kev lav ris	to restore	txum tim rov qab los
resurrection	txoj kev sawv hauv qhov tuag rov qab los	to return (to a familiar/close place)	rov qab los
to return (to an unfamiliar/far-away place)	rov qab tuaj	to reveal	tshwm sim
revelation	txoj kev tshwm sim	salvation	txoj kev cawm seej
Savior	tus Cawm Seej	scriptures	cov vaj lug kub
to show	ua rau nws pom	to teach (preach)	qhia
teaching (doctrine)	tej lus qhia	teaching (method)	txoj kev qhia
to testify	ua tim khawv	truth	qhov tseeb
to withdraw	tshem tawm		

The Savior's Earthly Ministry

1. **Jesus Christ is the Son of God.**
2. **God sent His Son to the Earth to** *atone for our sins***.**
   a. atone for our sins
   b. organize His church
3. **Jesus Christ fulfilled His Father's will by completing the Atonement.**
4. **He gave His apostles the authority to** *teach His gospel***.**
   a. teach His gospel
   b. establish His church
5. **Jesus Christ called apostles.**
6. **Through His Atonement, we can** *receive eternal life***.**
   a. receive eternal life
   b. be forgiven
   c. live with Heavenly Father again

1. **Yexus Khetos yog Vajtswv Leej Tub.**
2. **Vajtswv txib Nws Leej Tub los nyob hauv ntiaj teb los** *theej peb lub txhoj***.**
   a. theej peb lub txhoj
   b. txhim tsa Nws lub koom txoos
3. **Yexus Khetos ua raws li Nws Leej Txiv lub siab nyiam thaum Nws ua txoj Kev Theej Txhoj tiav.**
4. **Nws muab txoj cai rau Nws cov thwj tim mus** *qhia Nws txoj moo zoo***.**
   a. qhia Nws txoj moo zoo
   b. txhim tsa Nws lub koom txoos
5. **Yexus Khetos hu cov thwj tim los.**
6. **Los ntawm Nws txoj Kev Theej Txhoj, peb** *txais tau txoj sia nyob mus ib txhis***.**
   a. txais tau txoj sia nyob mus ib txhis
   b. tau kev zam txim
   c. nrog Leej Txiv Saum Ntuj Ceeb Tsheej nyob tau dua

apostasy	txoj kev tso qhov tseeb tseg	apostle	tus thwj tim
to atone	theej txhoj	Atonement	txoj Kev Theej Txhoj
authority	txoj cai	baptized	tau ua kev cai raus dej
to begin (start)	pib	birth	txoj kev yug los
to call	hu	center	hauv plawv
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
to crucify	muab ntsia saum tus ntoo khaub lig	death	txoj kev tuag
to do (perform, act)	ua	earth	lub ntiaj teb
to endure	nyiaj	to enter	nkag hauv
to establish	txhim tsa	eternal life	txoj sia nyob mus ib txhis
faith	txoj kev ntseeg	to finish (complete, fulfill)	ua tiav
to follow (a path)	taug	to follow (behind)	lawv qab
forgiveness	txoj kev zam txim	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	gospel	txoj moo zoo
hand	txhais tes	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	Jesus Christ	Yexus Khetos
to lay	tso	to lead (guide, direct)	coj
Lord	tus Tswv	main	qhov tseem ceeb tshaj
mankind	tib neeg	ministry	txoj hauj lwm

miracle	qhov txuj ci tseem ceeb	ordinance	txoj kab ke
to organize	txhim tsa	to overcome (conquer, triumph)	kov yeej
physical	sab cev nqaij daim tawv	presence	lub xub ntiag
priesthood	lub pov thawj hwj	prophecy	txoj kev qhia txog tej uas yuav muaj los yav tom ntej
to receive	txais	to repent	hloov siab lees txim
resurrection	txoj kev sawv hauv qhov tuag rov qab los	sacrifice	txoj kev txi
salvation	txoj kev cawm seej	Savior	tus Cawm Seej
sin	txoj kev txhaum	Son	Leej Tub
suffering	txoj kev txom nyem	to take upon	ris
to teach (preach)	qhia	teacher (master)	tus xib hwb
way (path, road, route)	txoj kev	world	lub ntiaj teb

The Great Apostasy

1. **After the resurrection of Jesus Christ, the apostles** *were killed***.**
   a. were killed
   b. taught the Gospel
2. **When the apostles were killed** *the priesthood authority was lost***.**
   a. the priesthood authority was lost
   b. the gospel truths were distorted
3. **Without God's authority, people** *could not understand scriptures***.**
   a. could not understand scriptures
   b. could not direct the Church
4. **The Great Apostasy led** *to spiritual darkness***.**
   a. to spiritual darkness
   b. to the organization of many churches
   c. to confusion about the truth
5. **Righteous people, who try to restore truth, are called reformers.**
6. **The reformers opened the way for the final Restoration.**
7. **Jesus Christ prophesied about this apostasy in a parable.**
8. **The parable in Mark tells about** *a father and his son***.**
   a. a father and his son
   b. a vineyard
   c. the wicked husbandmen
9. **What do you think is represented** *by the husbandmen***?**
   a. by the husbandmen
   b. by the vineyard
   c. by the owner of the vineyard
   d. by the son of the owner of the vineyard
10. **This parable teaches that** *a universal apostasy would take place***.**
    a. a universal apostasy would take place
    b. the prophets would be rejected
    c. the Son of God would be killed

1. **Tom qab Yexus Khetos sawv hauv qhov tuag rov qab los, cov thwj tim** *raug tua tuag***.**
   a. raug tua tuag
   b. tau qhia Txoj Moo Zoo
2. **Thaum cov thwj tim raug tua tuag ces,** *txoj cai ntawm lub pov thawj hwj ploj lawm***.**
   a. txoj cai ntawm lub pov thawj hwj ploj lawm
   b. tej kev tseeb hauv txoj moo zoo raug hloov lawm
3. **Vim tsis muaj Vajtswv txoj cai, tib neeg** *tsis to taub cov vaj lug kub***.**
   a. tsis to taub cov vaj lug kub
   b. coj tsis tau lub Koom Txoos
4. **Txoj Kev Tso qhov Tseeb Tseg Loj ua rau tib neeg** *nyob hauv kev tsaus ntuj nti ntawm sab ntsuj plig***.**
   a. nyob hauv kev tsaus ntuj nti ntawm sab ntsuj plig
   b. txhim tsa ntau lub koom txoos txawv
   c. muaj kev ntxhov siab txog qhov tseeb
5. **Cov neeg ncaj ncees uas sim muab qhov tseeb txum tim rov qab los hu ua cov neeg kho kev ntseeg.**
6. **Cov neeg kho kev ntseeg tau npaj ib txoj kev rau Kev Txum Tim Txoj Moo Zoo Rov Qab Los.**
7. **Yexus Khetos tau qhia txog txoj kev tso qhov tseeb tseg no hauv ib zaj lus piv txwv.**
8. **Nyob hauv zaj lus piv txwv no, Malakaus hais txog** *ib leej txiv thiab nws tus tub***.**
   a. ib leej txiv thiab nws tus tub
   b. lub vaj txiv hmab
   c. ib co neeg phem uas tu lub vaj
9. **Koj xav tias** *cov neeg tu lub vaj* **piv rau leej twg?**
   a. cov neeg tu lub vaj
   b. lub vaj txiv hmab
   c. tus tswv vaj txiv hmab ntawd
   d. tus tswv vaj txiv hmab ntawd tus tub
10. **Zaj lus piv txwv no qhia tias** *yuav muaj ib txoj kev tso qhov tseeb tseg***.**
    a. yuav muaj ib txoj kev tso qhov tseeb tseg
    b. tib neeg yuav tsis kam txais cov yaj saub
    c. Vajtswv Leej Tub yuav raug tua tuag

apostasy	txoj kev tso qhov tseeb tseg	apostle	tus thwj tim
authority	txoj cai	baptism	txoj kev cai raus dej
to become	rais los ua	century	ib puas xyoo
change	txoj kev hloov	to change (alter)	hloov
to change (switch)	pauv	character (in a story)	tus neeg uas nyob hauv zaj dab neeg
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
to claim	lees yuav	to confer	muab
corrupted	lwj lawm	darkness	txoj kev tsaus ntuj
death	txoj kev tuag	distorted	hloov kom tsis yog
doctrine	cov lus qhuab qhia	effort	siv zog
faith	txoj kev ntseeg	false	cuav
Father	Leej Txiv	forgotten	tsis nco qab lawm
freedom	txoj kev ywj pheej	gift (intangible/a talent)	lub txiaj ntsim
gospel	txoj moo zoo	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
idea	ib lub tswv yim	to interpret	txhais lus
Jesus Christ	Yexus Khetos	to keep	khaws
keys	cov yuam sij	to kill	tua
to lead (guide, direct)	coj	light	lub teeb
to lose (be defeated)	swb	to lose (so that you cannot find)	poob
to maintain	ceev rawv	member	tus mej zeej
nature (manner)	tus cwj pwm	nature (wilderness)	hav zoov
need	lub siab xav tau	order	tus txheej txheem
ordinance	txoj kab ke	organization	lub koom haum
people	cov neeg	period (season/long period of time)	lub caij
period (short period of time)	lub sij hawm	persecuted	raug tsim txom
personality	tus cwj pwm	to point out	qhia
presiding (to preside)	coj	priesthood	lub pov thawj hwj
principle	lub ntsiab cai	prophet	tus yaj saub
to protest	tawm tsam	pure (clean)	dawb huv
pure (innocent)	huv	to recognize	paub
to reform	kho dua tshiab	religious	tej kev teev ntuj
to rely (place in another's hands)	vam khom rau	repentance	txoj kev hloov siab lees txim
restoration	txoj kev txum txim rov qab los	revelation	txoj kev tshwm sim
scripture	vaj lug kub	to search (look through)	tshawb
to seek	nrhiav	spiritual	sab ntsuj plig
standard	txoj kev cai	to take (and perform an action)	muab
to teach (preach)	qhia	teaching (doctrine)	tej lus qhia
teaching (method)	txoj kev qhia	to trust in (rely on)	cia siab rau
truth	qhov tseeb	to try (to make an attempt)	sim
to try (to test someone)	sim siab	way (path, road, route)	txoj kev
wicked	phem	wisdom	lub tswv yim

The Restoration of the Gospel of Jesus Christ through Joseph Smith

1. **God has called a prophet in our day.**
2. **In 1820, Joseph Smith** *lived at a time of great religious excitement***.**
   a. lived at a time of great religious excitement
   b. desired to know which church was right
   c. was confused about religion
3. **Joseph studied the Bible to** *find answers to his questions***.**
   a. find answers to his questions
   b. understand how to act
4. **After reading a scripture in the Bible, Joseph prayed to God.**
5. **God and Jesus Christ appeared to Joseph Smith.**
6. **In his words, this is what happened.**
7. **They told Joseph that** *none of the churches were true***.**
   a. none of the churches were true
   b. he should not join any church
8. **Through Joseph Smith, God restored** *His gospel***.**
   a. His gospel
   b. His priesthood authority
   c. the true church
9. **This time in which we live is called** *the final dispensation***.**
   a. the final dispensation
   b. the last days
10. **A living prophet directs the church today.**

1. **Nyob hauv peb tiam no Vajtswv tau hu ib tug yaj saub.**
2. **Thaum xyoo 1820, Yauxej Xamiv** *ua neej nyob hauv ib lub caij nyoog uas tib neeg niaj hnub nrhiav kev teev ntuj***.**
   a. ua neej nyob hauv ib lub caij nyoog uas tib neeg niaj hnub nrhiav kev teev ntuj
   b. xav xav paub lub koom txoos twg muaj tseeb
   c. tau ntxhov siab txog kev teev ntuj
3. **Yauxej kawm Phau Vaj Lug Kub Npaiv Npaum kom thiaj** *nrhiav tau lus teb rau nws cov lus noog***.**
   a. nrhiav tau lus teb rau nws cov lus noog
   b. to taub saib nws yuav tsum ua li cas
4. **Tom qab nws nyeem ib nqe vaj lug kub hauv Phau Vaj Lug Kub Npaiv Npaum, Yauxej tau thov Vajtswv.**
5. **Vajtswv thiab Yexus Khetos tau tshwm sim los rau Yauxej Xamiv pom.**
6. **Raws li nws tau hais, tau muaj li no.**
7. **Nkawd qhia Yauxej hais tias** *tsis muaj ib lub koom txoos twg uas muaj tseeb***.**
   a. tsis muaj ib lub koom txoos twg uas muaj tseeb
   b. nws yuav tsum tsis txhob koom ib lub koom txoos twg
8. **Dhau los ntawm Yauxej Xamiv, Vajtswv muab** *Nws txoj moo zoo* **txum tim rov qab los.**
   a. Nws txoj moo zoo
   b. Nws txoj cai ntawm lub pov thawj hwj
   c. lub koom txoos tseeb
9. **Lub caij nyoog uas peb nyob tam sim no hu ua** *lub caij nyoog kawg***.**
   a. lub caij nyoog kawg
   b. hnub nyoog kawg
10. **Niaj hnub no ib tug yaj saub uas muaj txoj sia nyob coj lub koom txoos.**

Aaronic Priesthood	lub Pov Thawj Hwj Aloos	angel	tus tim tswv
apostasy	txoj kev tso qhov tseeb tseg	apostle	tus thwj tim
to appear	tshwm sim	appearance	txoj kev tshwm sim los
to ask	noog	to attend	mus koom
authority	txoj cai	authorized	muaj cai
to baptize	muab ua kev cai raus dej	to believe	ntseeg

Bible	phau Vaj Lug Kub Npaiv Npaum	to call	hu
change	txoj kev hloov	children	cov me nyuam
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
to claim	lees yuav	to confer	muab
to conflict with (fight against)	tawm tsam	to conflict with (not work out)	tsis haum
confused	ntxhov siab	dispensation	lub caij nyoog
to do (perform, act)	ua	doctrine	cov lus qhuab qhia
earth	lub ntiaj teb	excitement	txoj kev zoo siab heev
Father	Leej Txiv	freedom	txoj kev ywj pheej
fulness	tag nrho	gospel	txoj moo zoo
grove of trees	koog ntoo	guidance	txoj kev coj
James	Yakaunpaus	Jesus Christ	Yexus Khetos
John	Yauhas	John the Baptist	Yauhas tus uas Muab Neeg Ua Kev Cai Raus Dej
to join	koom	Joseph Smith	Yauxej Xamiv
to kneel	txhos caug	last days	hnub nyoog kawg
to live (be alive)	muaj txoj sia nyob	to live (lead your life)	ua neej
living	muaj txoj sia nyob	love	txoj kev hlub
Melchizedek Priesthood	lub Pov Thawj Hwj Mekixedes	minister	tus xib hwb
missionary (messenger)	tus tub txib	Oliver Cowdery	Olivawj Khaudaulis
ordinance	txoj kab ke	to organize	txhim tsa
Peter	Petus	to pray	thov Vajtswv
president	tus thawj tswj hwm	priesthood	lub pov thawj hwj
prophet	tus yaj saub	to reach	ncav kom txog
to read	nyeem	religious	tej kev teev ntuj
to restore	txum tim rov qab los	salvation	txoj kev cawm seej
Savior	tus Cawm Seej	to search (look through)	tshawb
Second Coming	txoj Kev Rov Qab Los Zaum Ob	Son	Leej Tub
spring	lub caij nplooj ntoo hlav	to teach (preach)	qhia
The Church of Jesus Christ of Latter–day Saints	Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Ntseeg hauv Hnub Nyoog Kawg	to translate	txhais lus
true	muaj tseeb	truth	qhov tseeb
twelve	kaum ob	to understand	to taub
United States	lub Teb Chaws Amelikas	vision	txoj kev ua yog toog
young	hluas		

The Book of Mormon: Another Testament of Jesus Christ

1. **The Book of Mormon is evidence of the love of God for His children.**
2. **The Book of Mormon contains** *the fullness of the Gospel***.**
   a. the fullness of the Gospel
   b. the writings of prophets in ancient America
3. **The Book of Mormon testifies** *of Jesus Christ***.**
   a. of Jesus Christ
   b. of Joseph Smith's prophetic calling
4. **The Book of Mormon is convincing evidence that** *Joseph Smith was a prophet***.**
   a. Joseph Smith was a prophet
   b. the gospel of Jesus Christ has been restored
5. **Jesus Christ visited the Americas to** *establish His church***.**
   a. establish His church
   b. teach His gospel
   c. call apostles
6. **Joseph Smith translated the Book of Mormon by the power of God.**

1. **Phau Ntawv Maumoos yog ib qho puam pheej ntawm Vajtswv txoj kev hlub rau Nws cov me nyuam.**
2. **Phau Ntawv Maumoos muaj** *tag nrho Txoj Moo Zoo nyob rau hauv***.**
   a. tag nrho Txoj Moo Zoo nyob rau hauv
   b. tej lus sau cia ntawm cov yaj saub uas nyob hauv Amelikas teb txheej thaum ub
3. **Phau Ntawv Maumoos ua tim khawv** *txog Yexus Khetos***.**
   a. txog Yexus Khetos
   b. txog Yauxej Xamiv txoj kev raug hu los ua ib tug yaj saub
4. **Phau Ntawv Maumoos yog ib qho puam pheej hais tias** *Yauxej Xamiv yog ib tug yaj saub***.**
   a. Yauxej Xamiv yog ib tug yaj saub
   b. Yexus Khetos txoj moo zoo raug muab txum tim rov qab los lawm
5. **Yexus Khetos tau los xyuas Amelikas teb los** *txhim tsa Nws lub koom txoos***.**
   a. txhim tsa Nws lub koom txoos
   b. qhia Nws txoj moo zoo
   c. hu cov thwj tim
6. **Yauxej Xamiv txhais tau Phau Ntawv Maumoos los ntawm Vajtswv lub hwj chim.**

account (story)	phau ceev xwm txheej	America	Amelikas
ancient	yav txheej thaum ub	another	lwm tus
to appear	tshwm sim	Book of Mormon	Phau Ntawv Maumoos
brass	tooj dag	to bring forth	coj
to contain	ceev	conversion	txoj kev hloov siab los ntseeg
cornerstone	lub pob zeb ntawm ces kaum tsev	darkness	txoj kev tsaus ntuj
dealings	tej kev ua	disbelief	txoj kev tsis ntseeg
doubt	xyem xyav	to establish	txhim tsa
everlasting	kav mus ib txhis	evidence	qhov puam pheej
to feel	hnov	fulness	tag nrho
God	Vajtswv	gold plates	cov phiaj kub
gospel	txoj moo zoo	hidden	zais
hill	lub toj	holy scripture	phau vaj lug kub uas dawb huv
inhabitants	cov neeg nyob hauv ib thaj tsam	Jesus Christ	Yexus Khetos

Joseph Smith	Yauxej Xamiv	keystone	lub plawv zeb
to know	paub	to lead (guide, direct)	coj
misinformation	tej kev qhia tsis yog	mission (goal/purpose)	lub hom phiaj
mission (task)	txoj dej num	missionary (messenger)	tus tub txib
person	tus neeg	to ponder	xav zoo zoo txog
to pray	thov Vajtswv	prophet	tus yaj saub
to prove	qhia kom paub qhov tseeb	to provide	muab
to read	nyeem	resurrection	txoj kev sawv hauv qhov tuag rov qab los
Savior	tus Cawm Seej	to teach (preach)	qhia
testament	zaj lus tim khawv	true	muaj tseeb
word of God	Vajtswv txoj lus	writings	tej kev sau

Pray to Know the Truth through the Holy Ghost

1. **We can know the Book of Mormon is true if we** *pray***.**
   a. pray
   b. study its teachings
   c. ponder its message

2. **The Holy Ghost teaches us through** *quiet feelings***.**
   a. quiet feelings
   b. peaceful thoughts

3. **When we pray we can ask to know that it is true.**

1. **Peb yuav paub tias Phau Ntawv Maumoos muaj tseeb yog peb** *thov Vajtswv*
   a. thov Vajtswv
   b. kawm nws tej lus qhia
   c. xav zoo zoo txog nws zaj xov xwm

2. **Tus Vaj Ntsuj Plig Dawb Huv qhia peb los ntawm** *tej kev xav yau yau***.**
   a. tej kev xav yau yau
   b. tej kev xav txog kev thaj yeeb nyab xeeb

3. **Thaum peb thov Vajtswv peb thov tau seb nws puas muaj tseeb.**

blessing	txoj koob hmoov	Book of Mormon	Phau Ntawv Maumoos
content	txaus siab	to desire (strongly desire)	ntshaw
to desire (to want)	xav tau	feeling	lub siab xav
gentle	maj mam ua	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	to know	paub
knowledge	txoj kev txawj ntse	to lead (guide, direct)	coj
message	zaj xov xwm	peaceful	muaj kev thaj yeeb nyab xeeb
to ponder	xav zoo zoo txog	powerful	muaj hwj chim
to pray	thov Vajtswv	prayer	txoj kev thov Vajtswv
promise	lo lus cog tseg	prophet	tus yaj saub
quiet	ntsiag to	to read	nyeem
restoration	txoj kev txum txim rov qab los	to restore	txum tim rov qab los
spiritual	sab ntsuj plig	to teach (preach)	qhia
to thank	ua tsaug	true	muaj tseeb
truth	qhov tseeb	voice	lub suab

Pre–Earth Life: God's Purpose and Plan for Us

1. **God is the Father of our spirits.**
2. **We lived as spirit children of Heavenly Father before this life.**
3. **Heavenly Father wants us to** *become like Him***.**
   a. become like Him
   b. return to live with Him
   c. progress spiritually
4. **Heavenly Father has prepared a plan for us.**
5. **This plan is called the plan of salvation.**
6. **We understood and accepted this plan before this life.**
7. **Mortal life allows us to** *become like our Heavenly Father***.**
   a. become like our Heavenly Father
   b. grow and progress
   c. have families
   d. learn to make correct decisions
8. **Jesus Christ is central to God's plan.**
9. **Through His Atonement, we can** *receive eternal life***.**
   a. receive eternal life
   b. be forgiven
   c. live with Heavenly Father again

1. **Vajtswv yog Leej Txiv ntawm peb cov ntsuj plig.**
2. **Peb yog peb Leej Txiv Saum Ntuj Ceeb Tsheej cov me nyuam ntsuj plig ua ntej lub neej no.**
3. **Vajtswv xav kom peb** *rais los ua neeg zoo li Nws***.**
   a. rais los ua neeg zoo li Nws
   b. rov qab los nrog Nws nyob
   c. vam meej ntawm sab ntsuj plig
4. **Vajtswv tau npaj ib txoj hau kev rau peb.**
5. **Txoj hau kev no hu ua txoj kev cawm seej.**
6. **Peb twb to taub thiab lees txais txoj hau kev no ua ntej lub neej no.**
7. **Lub neej no ua rau peb** *rais los ua neeg zoo li peb Leej Txiv Saum Ntuj Ceeb Tsheej***.**
   a. rais los ua neeg zoo li peb Leej Txiv Saum Ntuj Ceeb Tsheej
   b. loj hlob thiab vam meej
   c. muaj tsev neeg
   d. kawm kom xaiv qhov yog
8. **Yexus Khetos yog lub hauv paus ntawm Vajtswv txoj hau kev.**
9. **Los ntawm Nws txoj Kev Theej Txhoj, peb** *txais tau txoj sia nyob mus ib txhis***.**
   a. txais tau txoj sia nyob mus ib txhis
   b. tau kev zam txim
   c. nrog Leej Txiv Saum Ntuj Ceeb Tsheej nyob tau dua

ability	lub peev xwm	to accept	lees txais
to accomplish	ua tau	adversary	tus yeeb ncuab
agency	txoj kev ywj siab	answer	lo lus teb
Atonement	txoj Kev Theej Txhoj	to become	rais los ua
before	ua ntej	blessing	txoj koob hmoov
born	yug los	central	lub hauv paus
children	cov me nyuam	to choose	xaiv
to control	tswj hwm	to depend	vam
to destroy	piam sij	devil	tus dab
earth	lub ntiaj teb	enemy	tus yeeb ncuab
to enjoy (activities/experiences)	nyiam	eternal	nyob mus ib txhis
everyone (flowery)	txhua leej txhua tus	everyone (general)	sawv daws
experience	tej yam yus ua	Father	Leej Txiv
to find	nrhiav tau	to follow (a path)	taug
to follow (behind)	lawv qab	fulness	tag nrho
gift (intangible/a talent)	lub txiaj ntsim	to give (freely/intangibles)	pub

to give (in hand/tangibles)	muab	glory	lub yeeb koob
happiness	txoj kev zoo siab	immortality	txoj kev tsis txawj tuag
Jesus Christ	Yexus Khetos	joy	txoj kev xyiv fab
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
to live (be alive)	muaj txoj sia nyob	to live (reside)	nyob
to love	hlub	merciful	muaj kev hlub tshua
mission (goal/purpose)	lub hom phiaj	mortality	txoj kev txawj tuag
peace	txoj kev thaj yeeb nyab xeeb	people	cov neeg
perfect	zoo tag nrho	physical body	lub cev nqaij daim tawv
plan	txoj hau kev	possible	ua tau
presence	lub xub ntiag	progression	txoj kev vam meej
to provide	muab	question	lo lus noog
redemption	txoj kev txhiv dim	salvation	txoj kev cawm seej
Satan	tus Dab Ntxwg Nyoog	scriptures	cov vaj lug kub
separated	sib ncaim	spirit	tus ntsuj plig
to understand	to taub	to wonder	xav tsis thoob
work	txoj hauj lwm		

The Creation

1. **God created the earth for us.**
2. **God sent us to the earth to** *be tested***.**
   a. be tested
   b. walk by faith
   c. gain experience
3. **We participate in God's plan by** *obtaining a body***.**
   a. obtaining a body
   b. making correct choices
   c. having families
   d. gaining experience

1. **Vajtswv tau tsim lub ntiaj teb no rau peb.**
2. **Vajtswv xa peb los nyob hauv ntiaj teb no los** *raug sim siab***.**
   a. raug sim siab
   b. nyob raws li txoj kev ntseeg
   c. kawm tej yam tseem ceeb
3. **Peb ua raws li Vajtswv txoj hau kev thaum peb** *txais ib lub cev***.**
   a. txais ib lub cev
   b. xaiv qhov yog
   c. muaj tsev neeg
   d. kawm tej yam tseem ceeb

to become	rais los ua	body	lub cev
to create	tsim	direction	txoj kev coj
earth	lub ntiaj teb	experience	tej yam yus ua
faith	txoj kev ntseeg	to gain	txais tau
to give (freely/intangibles)	pub	to give (in hand/tangibles)	muab
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
to obtain (to accept)	txais tau	to obtain (to get)	tau
physical	sab cev nqaij daim tawv	place	qhov chaw
presence	lub xub ntiag	pre–earth	ua ntej nyob hauv ntiaj teb
probation	lub caij sim siab	to progress	vam meej
to remember (recall)	nco qab	to remember (reminisce)	nco txog
sight	txoj kev pom	time (as in one more ";time";)	zaus
time (general, ex: I have time)	lub sij hawm	trial (a test)	qhov sim siab

Agency and the Fall of Adam and Eve

1. **God created Adam and Eve in His image.**

2. **God placed Adam and Eve in the Garden of Eden.**

3. **God commanded Adam and Eve** *to multiply and replenish the earth***.**
   a. to multiply and replenish the earth
   b. not to eat of the forbidden fruit

4. **While in the Garden of Eden, they** *could have no children***.**
   a. could have no children
   b. didn't know any sorrow
   c. were innocent
   d. could obey or disobey

5. **Satan wanted Adam and Eve to** *eat the forbidden fruit***.**
   a. eat the forbidden fruit
   b. be unhappy
   c. be cut off from God's presence
   d. disobey God
   e. sin

6. **Adam and Eve chose to eat the forbidden fruit.**

7. **As a result, Adam and Eve** *were cast from the garden***.**
   a. were cast from the garden
   b. became mortal
   c. could have children

8. **The Fall was part of Heavenly Father's plan of happiness.**

1. **Vajtswv tau tsim Adas thiab Evas raws li Nws tus yam ntxwv.**

2. **Vajtswv tau tso Adas thiab Evas nyob hauv lub Vaj Edees.**

3. **Vajtswv tau txib Adas thiab Evas kom nkawd** *muaj tub muaj ki puv lub ntiaj teb.*
   a. muaj tub muaj ki puv lub ntiaj teb.
   b. tsis txhob noj cov txiv uas txwv tsis pub noj

4. **Thaum nkawd nyob hauv lub vaj Edees, nkawd** *muaj tsis taus me nyuam***.**
   a. muaj tsis taus me nyuam
   b. tsis paub txog kev nyuaj siab
   c. tsis muaj txim
   d. muaj peev xwm mloog lus los sis tsis mloog lus

5. **Dab Ntxwg Nyoog xav kom Adas thiab Evas** *noj cov txiv uas txwv tsis pub noj***.**
   a. noj cov txiv uas txwv tsis pub noj
   b. tsis zoo siab
   c. raug ntiab tawm ntawm Vajtswv lub xub ntiag mus
   d. tsis mloog Vajtswv lus
   e. ua txhaum

6. **Adas thiab Evas tau xaiv noj cov txiv uas txwv tsis pub noj.**

7. **Yog li ntawd, Adas thiab Evas** *raug ntiab tawm ntawm lub vaj***.**
   a. raug ntiab tawm ntawm lub vaj
   b. rais los ua neeg txawj tuag
   c. muaj taus me nyuam

8. **Txoj Kev Poob yog ib feem ntawm Leej Txiv Saum Ntuj Ceeb Tsheej txoj kev zoo siab.**

Adam	Adas	agency	txoj kev ywj siab
to become	rais los ua	body	lub cev
bone	tus pob txha	cast out	raug ntiab tawm
children	cov me nyuam	choice	txoj kev xaiv
to choose	xaiv	to come (to a familiar/close place)	los
to come (to an unfamiliar/far-away place)	tuaj	to command	txib
commandment	txoj lus txib	to create	tsim
death	txoj kev tuag	disease	kab mob kev nkeeg
earth	lub ntiaj teb	to eat	noj
Eden	Edees	Eve	Evas

evil	phem	to experience (usually something bad)	raug
to experience (usually something good)	ntsib	Fall	txoj Kev Poob
first (first in a list, a pattern, or steps)	thib ib	first (the very first)	thawj
flesh	nqaij daim tawv	forbidden	txwv tsis pub
forever	mus ib txhis	fruit	lub txiv
garden	lub vaj	good	zoo
image (likeness)	tus yam ntxwv	innocence	txoj kev tsis muaj txim
joy	txoj kev xyiv fab	to know	paub
knowledge	txoj kev txawj ntse	to learn	kawm
to live (be alive)	muaj txoj sia nyob	to live (lead your life)	ua neej
to live (reside)	nyob	moral	tsim nyog
mortal	txawj tuag	mortality	txoj kev txawj tuag
need	lub siab xav tau	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	to obtain (to accept)	txais tau
to obtain (to get)	tau	opposition	qhov fab ntxeev
pain	kev mob	part	ib feem
physical	sab cev nqaij daim tawv	to place	tso
plan	txoj hau kev	presence	lub xub ntiag
to progress	vam meej	to provide	muab
to remain (stay)	nyob	Satan	tus Dab Ntxwg Nyoog
to sin	ua txhaum	sorrow	txoj kev tu siab heev
spirit	tus ntsuj plig	spiritual	sab ntsuj plig
suffering	txoj kev txom nyem	to tempt	ntxias
tree	tsob ntoo	trial (a test)	qhov sim siab
wrong	tsis yog		

Our Life on Earth

1. **Our purpose on earth is to** *prepare to meet God*.
   a. prepare to meet God
   b. obtain a physical body
   c. learn to make good choices

2. **God has a body of flesh and bone that is** *perfected*.
   a. perfected
   b. glorified
   c. immortal

3. **Our physical bodies are** *imperfect*.
   a. imperfect
   b. made of flesh and bone
   c. mortal

4. **At the end of this life, everyone will die.**

5. **Physical death is the separation of the body from the spirit.**

6. **Spiritual death is separation from God because of sin.**

7. **Spiritual death keeps us from** *becoming like our Heavenly Father*.
   a. becoming like our Heavenly Father
   b. being truly happy

8. **Sin always leads** *to unhappiness*.
   a. to unhappiness
   b. to guilt
   c. to sorrow

9. **We must be forgiven of our sins to enter God's presence.**

10. **This life gives us experience to choose good from evil.**

1. **Peb lub hom phiaj nyob hauv ntiaj teb yog kom peb** *npaj mus ntsib Vajtswv*.
   a. npaj mus ntsib Vajtswv
   b. tau ib lub cev nqaij daim tawv
   c. kawm xaiv tej yam zoo

2. **Vajtswv muaj ib lub cev uas muaj nqaij thiab pob txha uas** *zoo tag nrho*.
   a. zoo tag nrho
   b. muaj yeeb koob
   c. tsis txawj tuag

3. **Peb lub cev nqaij daim tawv** *tsis zoo tag nrho*.
   a. tsis zoo tag nrho
   b. muaj nqaij muaj pob txha
   c. txawj tuag

4. **Thaum tas sim neej no, sawv daws yuav tuag.**

5. **Kev tuag ntawm sab cev nqaij daim tawv yog thaum yus lub cev ncaim ntawm yus tus ntsuj plig mus.**

6. **Kev tuag ntawm sab ntsuj plig yog thaum yus ncaim mus deb ntawm Vajtswv vim tau ua txhaum.**

7. **Kev tuag ntawm sab ntsuj plig thaiv peb txoj kev** *rais los ua neeg zoo li peb Leej Txiv Saum Ntuj Ceeb Tsheej*.
   a. rais los ua neeg zoo li peb Leej Txiv Saum Ntuj Ceeb Tsheej
   b. muaj kev zoo siab tiag tiag

8. **Kev txhaum yeej yuav ua rau yus** *tsis zoo siab*.
   a. tsis zoo siab
   b. muaj lub txim
   c. tu siab heev

9. **Peb yuav tsum tau kev zam txim rau peb tej kev txhaum thiaj nyob tau ntawm Vajtswv lub xub ntiag.**

10. **Lub neej no pab peb kawm tej yam tseem ceeb kom peb xaiv tau qhov zoo tawm ntawm qhov phem.**

Adam	Adas	Atonement	txoj Kev Theej Txhoj
to become	rais los ua	blessing	txoj koob hmoov
body	lub cev	bone	tus pob txha
to break (in half)	lov	to break (into pieces)	dam
to cause	ua kom	choice	txoj kev xaiv
to cleanse	ntxuav	commandment	txoj lus txib
to commit (an act)	ua	to commit (committment)	cog lus
condition	zoo li cas	death	txoj kev tuag
to die (be dead, be killed)	tuag	to die (go to the end of your life)	tas sim neej

to distinguish	pom tau	earth	lub ntiaj teb
to end	kaw	Eve	Evas
evil	phem	experience	tej yam yus ua
Fall	txoj Kev Poob	feeling	lub siab xav
flesh	nqaij daim tawv	forgiven	tau kev zam txim
glorified (adjective)	uas muaj lub yeeb koob	to grow	loj hlob
guilt	txoj kev txaj muag	happiness	txoj kev zoo siab
hope	txoj kev cia siab	immortal	tsis txawj tuag
imperfect	tsis zoo tag nrho	to influence	yaum
Jesus Christ	Yexus Khetos	joy	txoj kev xyiv fab
to keep from	tsis cia	to lead (guide, direct)	coj
to learn	kawm	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej	mission (goal/purpose)	lub hom phiaj
mistake	yuam kev	mortal	txawj tuag
mortality	txoj kev txawj tuag	obstacle	txoj kev cov nyom
opportunity	lub cib fim	to overcome (conquer, triumph)	kov yeej
pain	kev mob	perfect	zoo tag nrho
physical	sab cev nqaij daim tawv	to prepare	npaj
presence	lub xub ntiag	probation	lub caij sim siab
to provide	muab	to return (to a familiar/close place)	rov qab los
to return (to an unfamiliar/far-away place)	rov qab tuaj	Satan	tus Dab Ntxwg Nyoog
Savior	tus Cawm Seej	shame	txoj kev txaj muag
sin	txoj kev txhaum	sinful	muaj kev txhaum
sorrow	txoj kev tu siab heev	spiritual	sab ntsuj plig
subject (vulnerable to)	raug tau	to tempt	ntxias
temptation	txoj kev ntxias	trial (a test)	qhov sim siab
unhappiness	txoj kev tsis zoo siab		

The Atonement

1. **The Atonement makes it possible for us to** *return to God*.
   a. return to God
   b. be cleansed from sin
   c. be forgiven

2. **We will all suffer physical death.**

3. **When Christ died, His body** *separated from His spirit*.
   a. separated from His spirit
   b. was laid in the tomb
   c. remained in the tomb for three days

4. **Three days later, His spirit and body reunited eternally.**

5. **We are not responsible for the Fall of Adam and Eve.**

6. **We are accountable for our own sins.**

7. **Through Jesus Christ, we can overcome** *physical death*.
   a. physical death
   b. spiritual death
   c. sin

8. **The Atonement includes His suffering** *and death on the cross*.
   a. and death on the cross
   b. in the Garden of Gethsemane

9. **We must show that we** *accept Him*.
   a. accept Him
   b. will follow His commandments

1. **Txoj Kev Theej Txhoj ua rau peb muaj cai** *rov qab mus nrog Vajtswv nyob*.
   a. rov qab mus nrog Vajtswv nyob
   b. raug ntxuav tawm ntawm kev txhaum
   c. tau kev zam txim

2. **Peb txhua tus yuav raug kev tuag ntawm sab cev nqaij daim tawv.**

3. **Thaum Khetos tuag, Nws lub cev** *ncaim Nws tus ntsuj plig mus*.
   a. ncaim Nws tus ntsuj plig mus
   b. raug tso rau hauv lub qhov ntxa
   c. nyob hauv lub qhov ntxa tau peb hnub

4. **Peb hnub tom qab ntawd, Nws tus ntsuj plig thiab lub cev rov qab los sib koom ua ke mus ib txhis.**

5. **Peb tsis lav ris rau Adas thiab Evas txoj Kev Poob.**

6. **Peb lav ris rau peb tej kev txhaum.**

7. **Dhau los ntawm Yexus Khetos, peb kov yeej tau** *kev tuag ntawm sab cev nqaij daim tawv*.
   a. kev tuag ntawm sab cev nqaij daim tawv
   b. kev tuag ntawm sab ntsuj plig
   c. kev txhaum

8. **Txoj Kev Theej Txhoj yog Nws txoj kev raug txom nyem** *thiab kev tuag saum tus ntoo khaub lig*.
   a. thiab kev tuag saum tus ntoo khaub lig
   b. nyob hauv lub Vaj Khexemanes

9. **Peb yuav tsum qhia hais tias peb** *lees txais Nws*.
   a. lees txais Nws
   b. yuav ua raws li Nws cov lus txib

to accept	lees txais	Adam	Adas
to appear	tshwm sim	to ask	noog
Atonement	txoj Kev Theej Txhoj	baptism	txoj kev cai raus dej
baptized	tau ua kev cai raus dej	to become	rais los ua
to begin (start)	pib	to bleed	los ntshav
blessing	txoj koob hmoov	body	lub cev
bone	tus pob txha	burden	lub nra
to choose	xaiv	clean (adjective)	huv
commandment	txoj lus txib	to continue (in developing the habit)	ua ntxiv mus
to continue (push forward)	thawb mus tom ntej	cross	tus ntoo khaub lig
to crucify	muab ntsia saum tus ntoo khaub lig	death	txoj kev tuag
to die (be dead, be killed)	tuag	to die (go to the end of your life)	tas sim neej

disease	kab mob kev nkeeg	end	qhov kawg
to end	kaw	to endure	nyiaj
eternally	nyob mus ib txhis	Eve	Evas
evil	phem	faith	txoj kev ntseeg
Fall	txoj Kev Poob	Father	Leej Txiv
flesh	nqaij daim tawv	to follow (a path)	taug
to follow (behind)	lawv qab	to forgive	zam txim
forgiveness	txoj kev zam txim	garden	lub vaj
Gethsemane	Khexemanes	gift (intangible/a talent)	lub txiaj ntsim
to give in	nyoo	grace	txoj kev hlub tshua
to guarantee	lav lus	to hate	ntxub
heavy	hnyav	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
humility	txoj kev txo hwj chim	immersion	raus
immortal	tsis txawj tuag	joy	txoj kev xyiv fab
to judge	txiav txim	to keep	khaws
laying on of hands	tso tes	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to live (lead your life)	ua neej
love	txoj kev hlub	mercy	txoj kev hlub tshua
obedient	mloog lus	obstacle	txoj kev cov nyom
to obtain	txais	to organize	txhim tsa
to overcome (conquer, triumph)	kov yeej	pain	kev mob
to pay	them	peace	txoj kev thaj yeeb nyab xeeb
perfect	zoo tag nrho	physical	sab cev nqaij daim tawv
pore	qhov hws	power	lub hwj chim
price	tus nqi	to promise	cog lus
promised	tau cog lus lawm	prophet	tus yaj saub
to receive	txais	Redeemer	tus Txhiv Dim
to rely on	vam khom	to repent	hloov siab lees txim
repentance	txoj kev hloov siab lees txim	responsibility	txoj kev lav ris
responsible	lav ris	resurrection	txoj kev sawv hauv qhov tuag rov qab los
to return	rov qab los	to reunite	rov qab sib ntsib
sacrifice	txoj kev txi	Savior	tus Cawm Seej
to send	xa	to separate	ncaim
sickness	tus mob	sin	txoj kev txhaum
sinless	tsis muaj kev txhaum	Son	Leej Tub
spirit	tus ntsuj plig	to submit	muab rau
to suffer	raug txom nyem	suffering	txoj kev txom nyem
to support	txhawb nqa	temptation	txoj kev ntxias
to testify	ua tim khawv	trial (a test)	qhov sim siab
will (desire)	lub siab nyiam	willing	kam
world	lub ntiaj teb	worthy	tsim txiaj

The Spirit World

1. **Death is part of the plan of salvation.**
2. **Physical death is necessary to** *become immortal***.**
   a. become immortal
   b. become perfect
3. **Death does not change our** *personality***.**
   a. personality
   b. desires
   c. character
4. **When we die, we will go to the spirit world.**
5. **The obedient will live in a state of happiness.**
6. **The disobedient will live in a state of unhappiness.**
7. **The gospel is preached to** *the disobedient***.**
   a. the disobedient
   b. those who did not receive it
8. **We will remain in the spirit world until the resurrection.**

1. **Kev tuag yog ib feem ntawm txoj kev cawm seej.**
2. **Yuav tsum muaj kev tuag ntawm sab cev nqaij daim tawv thiaj yuav** *rais los ua neeg uas tsis txawj tuag***.**
   a. rais los ua neeg uas tsis txawj tuag
   b. rais los ua neeg zoo tag nrho
3. **Txoj kev tuag tsis hloov peb** *tus cwj pwm***.**
   a. tus cwj pwm
   b. tej kev xav tau
   c. tus yeeb yam
4. **Thaum peb tuag, peb yuav mus lub ntuj ntsuj plig.**
5. **Cov neeg uas tau mloog lus yuav muaj kev zoo siab.**
6. **Cov neeg uas tsis tau mloog lus yuav muaj kev tu siab.**
7. **Txoj moo zoo raug qhia rau** *cov uas tsis mloog lus***.**
   a. cov uas tsis mloog lus
   b. cov uas tsis tau txais nws
8. **Peb yuav nyob hauv lub ntuj ntsuj plig mus txog lub caij uas peb sawv hauv qhov tuag rov qab los.**

to change (alter)	hloov	to change (switch)	pauv
to choose	xaiv	death	txoj kev tuag
desire	lub siab xav tau	to die (be dead, be killed)	tuag
to die (go to the end of your life)	tas sim neej	earth	lub ntiaj teb
evil	phem	good	zoo
gospel	txoj moo zoo	to hear	hnov
hell (general)	dab teb	hell (scriptural)	ntuj txiag teb tsaus
immortality	txoj kev tsis txawj tuag	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	mortality	txoj kev txawj tuag
to obey (do according to)	ua raws li	to obey (listen to)	mloog lus
opportunity	lub cib fim	paradise	yeeb tsheej
personality	tus cwj pwm	physical	sab cev nqaij daim tawv
prison	lub qhov taub	to remain (stay)	nyob
to repent	hloov siab lees txim	resurrected	tau sawv rov los
spirit	tus ntsuj plig	spirit world	lub ntuj ntsuj plig
state	nyob li cas	to teach (preach)	qhia
transformed	tau hloov lawm	unhappiness	txoj kev tsis zoo siab

The Resurrection, Judgment, and Immortality

1. **After we are resurrected, we will** *be judged*.
   a. be judged
   b. be immortal
   c. remember our sins

2. **Immortality is a free gift for all people.**

3. **We will be rewarded according to** *our works* .
   a. our works
   b. our desires
   c. our faith

4. **Eternal life is given to those who** *obey God*.
   a. obey God
   b. follow Christ
   c. endure to the end

5. **Eternal life is to** *know God and Jesus Christ*.
   a. know God and Jesus Christ
   b. live with God
   c. receive God's glory

1. **Tom qab peb sawv hauv qhov tuag rov qab los, peb yuav** *raug kev txiav txim*.
   a. raug kev txiav txim
   b. tsis txawj tuag
   c. nco qab tag nrho peb tej kev txhaum

2. **Txoj kev tsis txawj tuag yog ib lub txiaj ntsim pub dawb rau txhua tus neeg.**

3. **Peb yuav tau nqi zog raws li** *peb tej hauj lwm*.
   a. peb tej hauj lwm
   b. peb tej kev xav
   c. peb txoj kev ntseeg

4. **Cov uas** *mloog Vajtswv lus* **tau txoj sia nyob mus ib txhis.**
   a. mloog Vajtswv lus
   b. raws Khetos qab
   c. nyiaj kom mus txog thaum kawg

5. **Qhov uas yus muaj txoj sia nyob mus ib txhis yog qhov uas yus** *paub Vajtswv thiab Yexus Khetos*.
   a. paub Vajtswv thiab Yexus Khetos
   b. nrog Vajtswv nyob
   c. txais tau Vajtswv lub yeeb koob

to achieve	ua taus	Atonement	txoj Kev Theej Txhoj
to become	rais los ua	body	lub cev
Christ	Khetos	desire	lub siab xav tau
eternal	nyob mus ib txhis	exaltation	txoj kev tsa nto
family	tsev neeg	forever	mus ib txhis
free (having liberty)	muaj kev ywj siab	freed	dim lawm
gift (intangible/a talent)	lub txiaj ntsim	gospel	txoj moo zoo
guilt	txoj kev txaj muag	immortal	tsis txawj tuag
immortality	txoj kev tsis txawj tuag	to judge	txiav txim
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
to live (be alive)	muaj txoj sia nyob	to live (lead your life)	ua neej
mercy	txoj kev hlub tshua	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	to overcome (conquer, triumph)	kov yeej
people	cov neeg	perfectly	zoo tag nrho
presence	lub xub ntiag	to receive	txais
to remember (recall)	nco qab	to remember (reminisce)	nco txog

to repent	hloov siab lees txim	resurrection	txoj kev sawv hauv qhov tuag rov qab los
reunited	rov qab sib koom ua ke	to reward	muab nqi zog rau
righteous	ncaj ncees	righteousness	txoj kev ncaj ncees
to rise (ascend)	nce	to rise (stand up)	sawv
sin	txoj kev txhaum	spirit	tus ntsuj plig
state	nyob li cas	suffering	txoj kev txom nyem
wicked	phem	work	txoj hauj lwm

Kingdoms of Glory

1. **There are different kingdoms of glory.**
2. **We will be assigned to a kingdom according to our** *works*.
   a. works
   b. faithfulness
   c. deeds done in the body
3. **The repentant and obedient will live in the celestial kingdom.**
4. **Those who receive celestial glory will** *live with their family*.
   a. live with their family
   b. enjoy God's presence
   c. receive a fullness of joy
5. **This kingdom is compared to the glory** *of the sun*.
   a. of the sun
   b. of the moon
   c. of the stars
6. **Honorable people who did not accept the gospel will live in the terrestrial kingdom.**
7. **The unrepentant and disobedient will live in the telestial kingdom.**

1. **Muaj cov nceeg vaj yeeb koob uas sib txawv.**
2. **Peb yuav txais ib qho chaw hauv ib lub nceeg vaj raws li peb** *tej hauj lwm*.
   a. tej hauj lwm
   b. peb txoj kev ntseeg
   c. tej yam peb ua thaum peb muaj ib lub cev
3. **Cov neeg uas hloov siab lees txim thiab mloog lus yuav nyob hauv lub nceeg vaj xilethi–aus.**
4. **Cov uas txais tau lub yeeb koob xilethi–aus yuav** *nrog lawv tsev neeg nyob*.
   a. nrog lawv tsev neeg nyob
   b. zoo siab nyob hauv Vajtswv lub xub ntiag
   c. txais txoj kev xyiv fab puv npo
5. **Lub nceeg vaj no piv tau rau** *lub hnub* **lub yeeb koob.**
   a. lub hnub
   b. lub hli
   c. cov hnub qub
6. **Cov neeg zoo uas tsis tau lees txais txoj moo zoo yuav nyob hauv lub nceeg vaj thawlethi–aus.**
7. **Cov uas tsis tau hloov siab lees txim thiab tsis tau mloog lus yuav nyob hauv lub nceeg vaj thilethi–aus.**

Atonement	txoj Kev Theej Txhoj	celestial	xilethi–aus
choice	txoj kev xaiv	Christ	Khetos
to compare	piv	to continue (in developing the habit)	ua ntxiv mus
to continue (push forward)	thawb mus tom ntej	to continue (resume)	rov ua
covenant	txoj kev khi lus	deed	txoj hauj lwm
desire	lub siab xav tau	different	txawv
eternity	mus ib txhis	everyone (flowery)	txhua leej txhua tus
everyone (general)	sawv daws	evil	phem
exaltation	txoj kev tsa nto	fulness	tag nrho
glory	lub yeeb koob	highest	siab tshaj plaws
honorable	zoo	joy	txoj kev xyiv fab
judgment	txoj kev txiav txim	to keep	khaws
kingdom	lub nceeg vaj	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to live (be alive)	muaj txoj sia nyob

to live (lead your life)	ua neej	lowest	qis tshaj plaws
moon	lub hli	mortal	txawj tuag
ordinance	txoj kab ke	presence	lub xub ntiag
to receive	txais	to repent	hloov siab lees txim
to reward	muab nqi zog rau	reward	tus nqi zog
scriptures	cov vaj lug kub	sin	txoj kev txhaum
star	lub hnub qub	sun	lub hnub
telestial	thilethi–aus	terrestrial	thawlethi–aus
together	ua ke	work	txoj hauj lwm

Through Jesus Christ We Can Be Cleansed from Sin

1. **We cannot independently** *return to God***.**
   a. return to God
   b. overcome sin and death
   c. be cleansed from sin

2. **Without the Atonement of Jesus Christ we cannot** *be forgiven***.**
   a. be forgiven
   b. receive exaltation
   c. return to Heavenly Father

3. **In order to benefit from the Atonement we must** *repent of our sins***.**
   a. repent of our sins
   b. get baptized
   c. receive the gift of the Holy Ghost

4. **We are accountable for our own sins.**

5. **We will be judged according to** *our works***.**
   a. our works
   b. our desires
   c. our faith

6. **Jesus Christ did not eliminate our personal responsibility.**

1. **Peb** *rov qab mus nrog Vajtswv nyob* **tsis tau los ntawm peb lub hwj chim xwb.**
   a. rov qab mus nrog Vajtswv nyob
   b. kov yeej kev txhaum thiab kev tuag
   c. raug ntxuav tawm ntawm peb tej kev txhaum

2. **Yog tsis muaj Yexus Khetos txoj Kev Theej Txhoj ces peb** *txais tsis tau kev zam txim***.**
   a. txais tsis tau kev zam txim
   b. txais tsis tau kev tsa nto
   c. rov qab mus nrog Leej Txiv Saum Ntuj Ceeb Tsheej nyob tsis tau

3. **Yuav kom txoj Kev Theej Txhoj pab peb ces peb yuav tsum** *hloov siab lees txim txog peb tej kev txhaum***.**
   a. hloov siab lees txim txog peb tej kev txhaum
   b. ua kev cai raus dej
   c. txais lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv

4. **Peb lav ris rau peb tej kev txhaum.**

5. **Peb yuav raug txiav txim raws li** *peb tej hauj lwm***.**
   a. peb tej hauj lwm
   b. tej yam peb xav tau
   c. peb txoj kev ntseeg

6. **Yexus Khetos tsis tau muab peb txoj kev lav ris tshem mus.**

to accept	lees txais	action	tej kev ua
all	tag nrho	to apply (relate)	piv
Atonement	txoj Kev Theej Txhoj	to become	rais los ua
beloved	tus uas kuv hlub	blessing	txoj koob hmoov
children	cov me nyuam	clean (adjective)	huv
commandment	txoj lus txib	to commit (an act)	ua
to commit (committment)	cog lus	consequence	qhov yuav tau txais
demands of justice	txoj kev txim lij tej kev txiav txim	desire	lub siab xav tau
to die (be dead, be killed)	tuag	to die (go to the end of your life)	tas sim neej
disobedience	txoj kev tsis mloog lus	to do (perform, act)	ua
to eliminate	muab pov tseg	to endeavor	sim ua
to enter	nkag hauv	faith	txoj kev ntseeg
to forgive	zam txim	gospel	txoj moo zoo
grace	txoj kev hlub tshua	healed	nyob zoo lawm
infinite	mus ib txhis	judged	raug txiav txim
justice	txoj kev txim lij	to keep	khaws
law	txoj kev cai	to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej	to live (reside)	nyob
mercy	txoj kev hlub tshua	obedience (doing according to)	txoj kev ua raws li

obedience (listening to)	txoj kev mloog lus	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	ordinance	txoj kab ke
penalty	lub txim	people	cov neeg
permanently	tas mus li	personal	ntawm yus tus kheej
place	qhov chaw	to plead	taij thov
possibility	muaj tau	presence	lub xub ntiag
principle	lub ntsiab cai	punishment	lub txim
to repent	hloov siab lees txim	responsibility	txoj kev lav ris
resurrection	txoj kev sawv hauv qhov tuag rov qab los	to return (to a familiar/close place)	rov qab los
to return (to an unfamiliar/far-away place)	rov qab tuaj	to satisfy	ua kom zoo siab
Savior	tus Cawm Seej	selfless	tsis xav txog yus tus kheej
to show	ua rau nws pom	sin	txoj kev txhaum
Son	Leej Tub	spiritually	ntawm sab ntsuj plig
to stand	sawv	to suffer	raug txom nyem
unchanging	tsis hloov	unclean	tsis huv
to welcome	tos txais	to withhold	tsis muab
work	txoj hauj lwm	world	lub ntiaj teb
worry	txhawj	worthy	tsim txiaj

Faith in Jesus Christ

1. **Having faith in Christ includes believing that He is** *the Son of God***.**
   a. the Son of God
   b. the Savior of the world
   c. the Redeemer of mankind
2. **Faith in Jesus Christ is the first principle of the Gospel.**
3. **Faith gives us the desire to** *follow Christ***.**
   a. follow Christ
   b. seek forgiveness
   c. keep the commandments
4. **Faith leads us to action and sincere repentance.**
5. **Faith helps us to** *meet life's challenges***.**
   a. meet life's challenges
   b. change the desires of our hearts
   c. heal spiritually and physically
6. **Our faith increases as we hear the word of God.**

1. **Txoj kev ntseeg Khetos kuj yog kev ntseeg tias Nws yog** *Vajtswv Leej Tub***.**
   a. Vajtswv Leej Tub
   b. lub ntiaj teb tus Cawm Seej
   c. tib neeg tus Txhiv Dim
2. **Kev ntseeg Yexus Khetos yog Txoj Moo Zoo thawj lub ntsiab cai.**
3. **Kev ntseeg ua rau peb xav** *raws Khetos qab***.**
   a. raws Khetos qab
   b. nrhiav kev zam txim
   c. ceev cov lus txib
4. **Txoj kev ntseeg ua rau peb sawv los ua tej yam thiab hloov siab lees txim tiag tiag.**
5. **Txoj kev ntseeg yuav pab peb** *kov yeej kev cov nyom hauv lub neej no***.**
   a. kov yeej kev cov nyom hauv lub neej no
   b. hloov peb tej siab xav tau
   c. kho peb sab ntsuj plig thiab lub cev nqaij daim tawv
6. **Peb txoj kev ntseeg yuav loj tuaj thaum peb hnov Vajtswv txoj lus.**

to accept	lees txais	action	tej kev ua
Atonement	txoj Kev Theej Txhoj	to avoid	zam
to become	rais los ua	belief	txoj kev ntseeg
to believe	ntseeg	to bless	foom koob hmoov
challenge	kev cov nyom	to change (alter)	hloov
to change (switch)	pauv	Christ	Khetos
commandment	txoj lus txib	desire	lub siab xav tau
enough	txaus	experience	tej yam yus ua
faith	txoj kev ntseeg	firm	ruaj nrees
first (first in a list, a pattern, or steps)	thib ib	first (the very first)	thawj
to give (freely/intangibles)	pub	to give (in hand/tangibles)	muab
gospel	txoj moo zoo	grace	txoj kev hlub tshua
to grow	loj hlob	to heal	kho
to hear	hnov	heart (dealing with emotions)	lub siab
to include	nyob rau hauv	Jesus Christ	Yexus Khetos
to keep	khaws	to know	paub
lasting	nyob tas mus li	to lead (guide, direct)	coj

to learn	kawm	to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej	love	txoj kev hlub
to make (build, develope)	ua	to meet a challenge	kov yeej kev cov nyom
mercy	txoj kev hlub tshua	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	to overcome (conquer, triumph)	kov yeej
physically	ntawm sab nqaij daim tawv	power	lub hwj chim
to pray	thov Vajtswv	principle	lub ntsiab cai
promise	lo lus cog tseg	to recognize	paub
Redeemer	tus Txhiv Dim	repentance	txoj kev hloov siab lees txim
to return (to a familiar/close place)	rov qab los	to return (to an unfamiliar/far-away place)	rov qab tuaj
Savior	tus Cawm Seej	to show	ua rau nws pom
sin	txoj kev txhaum	sincere	mob siab ua tiag tiag
Son	Leej Tub	specific	ib yam twg
spiritually	ntawm sab ntsuj plig	strength	lub zog
to strive	siv zog	teaching (doctrine)	tej lus qhia
teaching (method)	txoj kev qhia	temptation	txoj kev ntxias
tithing	nyiaj ib feem kaum	to trust in (rely on)	cia siab rau
truthfulness	qhov tseeb	to try (to make an attempt)	sim
to try (to test someone)	sim siab	word of God	Vajtswv txoj lus
Word of Wisdom	Lo Lus Txawj Ntse	world	lub ntiaj teb

Repentance

1. **Our faith in Christ leads us to** *repent*.
   a. repent
   b. keep the commandments
   c. serve others

2. **As we repent, our desire to follow God grows stronger.**

3. **Repentance is the second principle of the Gospel.**

4. **To sincerely repent, we** *need to recognize our sins*.
   a. need to recognize our sins
   b. confess our sins to God
   c. ask God to forgive us
   d. correct our mistakes

5. **When we sincerely repent, we** *turn away from sin*.
   a. turn away from sin
   b. have a change of heart

6. **As a result of a sincere repentance we feel** *God's forgiveness*.
   a. God's forgiveness
   b. peace in our lives
   c. the spirit in greater abundance
   d. free from guilt and sorrow

7. **Even after repenting of our sins we may sin again.**

8. **We must continually develop Christlike qualities.**

9. **As we repent daily, our lives will change and improve.**

1. **Peb txoj kev ntseeg Khetos coj peb los** *hloov siab lees txim*.
   a. hloov siab lees txim
   b. ceev cov lus txib
   c. pab luag tej

2. **Thaum peb hloov siab lees txim, peb haj yam yuav xav lawv Vajtswv qab.**

3. **Txoj kev hloov siab lees txim yog Txoj Moo Zoo lub ntsiab cai thib ob.**

4. **Yuav kom peb hloov siab lees txim tiag tiag, peb** *yuav tsum pom hais tias peb tau ua txhaum*.
   a. yuav tsum pom hais tias peb tau ua txhaum
   b. lees qhia peb tej kev txhaum rau Vajtswv
   c. thov Vajtswv zam txim rau peb
   d. kho tej yam uas peb tau ua yuam kev

5. **Thaum peb hloov siab lees txim tiag tiag, peb** *khiav tawm ntawm peb tej kev txhaum mus*.
   a. khiav tawm ntawm peb tej kev txhaum mus
   b. lub siab hloov hlo

6. **Thaum peb hloov siab lees txim tiag tiag, peb hnov tau** *Vajtswv txoj kev zam txim*.
   a. Vajtswv txoj kev zam txim
   b. txoj kev thaj yeeb nyab xeeb hauv peb lub neej
   c. tus ntsuj plig nrog peb nyob ntau dua
   d. txoj kev dim ntawm lub txim thiab kev tu siab

7. **Txawm yog tias peb tau hloov siab lees txim ntawm peb tej kev txhaum, tej zaum peb yuav rov qab ua txhaum dua.**

8. **Peb pheej yuav tsum xyaum kom muaj Khetos tus yam ntxwv.**

9. **Thaum peb niaj hnub hloov siab lees txim, peb lub neej yuav hloov thiab yuav zoo dua.**

to accept	lees txais	accordance	raws li
action	tej kev ua	to apologize	thov txim
to ask	noog	authorized	muaj cai
behavior	tus yeeb yam	belief	txoj kev ntseeg
to cause	ua kom	central	lub hauv paus
to change (alter)	hloov	to change (switch)	pauv
children	cov me nyuam	Christ	Khetos
Christ–like	zoo li Khetos	church (building)	lub tsev koom txoos
church (organization)	lub koom txoos	to confess	lees

to continue (in developing the habit)	ua ntxiv mus	to continue (push forward)	thawb mus tom ntej
contrite	xav ua zoo	to correct	kho
daily	niaj hnub	desire	lub siab xav tau
to expect	tos ntsoov	faith	txoj kev ntseeg
to fall short	yuam kev	to feel	hnov
to find	nrhiav tau	to follow (a path)	taug
to follow (behind)	lawv qab	to forgive	zam txim
forgiveness	txoj kev zam txim	fresh	ntshiab
godly sorrow	tu siab tiag tiag	gospel	txoj moo zoo
to grow	loj hlob	guilt	txoj kev txaj muag
habit	qhov yus pheej ua	to improve	kho kom zoo dua
to include	nyob rau hauv	influence	lub hwj huam
joy	txoj kev xyiv fab	knowledge	txoj kev txawj ntse
to lead (guide, direct)	coj	leader	tus thawj coj
to learn	kawm	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej	love	txoj kev hlub
to make (build, develope)	ua	mercy	txoj kev hlub tshua
mission (goal/purpose)	lub hom phiaj	mistake	yuam kev
ourselves	peb tus kheej	peace	txoj kev thaj yeeb nyab xeeb
prayer	txoj kev thov Vajtswv	to prepare	npaj
principle	lub ntsiab cai	problem	qhov teeb meem
quality	zoo npaum li cas	to receive	txais
to recognize	paub	remorse	txoj kev tu siab
to repent	hloov siab lees txim	repentance	txoj kev hloov siab lees txim
to resist	tiv	restitution	txoj kev kho
result	yam	right (correct)	yog
right (opposite of left)	sab xis	second	thib ob
serious	tiag tiag	to serve (render service)	pab
to sin	ua txhaum	sin	txoj kev txhaum
sincere	mob siab ua tiag tiag	sincerely	mob siab ua tiag tiag
Son	Leej Tub	Spirit	tus Ntsuj Plig
to stop (an action)	tsum	to stop (movement)	nres
stronger	muaj zog dua	thought	txoj kev xav
transgression	txoj kev txhaum	to try (to make an attempt)	sim
to try (to test someone)	sim siab	to turn away	xyeej pov tseg
view	saib	will (desire)	lub siab nyiam
world	lub ntiaj teb	wrong	tsis yog

Baptism, Our First Covenant

1. **A covenant is a solemn agreement between God and man.**

2. **When we covenant with God** *we promise to obey Him***.**
   a. we promise to obey Him
   b. He promises us blessings

3. **God has always required His children to make covenants.**

4. **Through baptism God promises us** *a remission of our sins***.**
   a. a remission of our sins
   b. the companionship of the Holy Ghost

5. **Through baptism we promise to** *follow His commandments***.**
   a. follow His commandments
   b. always remember Him
   c. take upon us the name of Jesus Christ

6. **Baptism symbolizes** *the death, burial, and resurrection of Christ***.**
   a. the death, burial, and resurrection of Christ
   b. the beginning of our new life in Christ
   c. the death of our sinful life

7. **Baptism is ordained of God and must be performed by His authority.**

8. **We renew our baptismal covenants by partaking of the sacrament.**

9. **Jesus Christ introduced the ordinance of the sacrament.**

10. **Jesus Christ restored the ordinance of the sacrament through Joseph Smith.**

1. **Txoj kev khi lus yog thaum Vajtswv thiab tib neeg sib cog lus tseg.**

2. **Thaum peb nrog Vajtswv sib khi lus,** *peb cog lus tias peb yuav mloog Nws lus***.**
   a. peb cog lus tias peb yuav mloog Nws lus
   b. Nws cog lus tias Nws yuav foom koob hmoov rau peb

3. **Vajtswv yeej ib txwm hais kom Nws cov me nyuam nrog Nws sib khi lus.**

4. **Thaum peb ua kev cai raus dej Vajtswv cog lus tias** *Nws yuav zam peb tej kev txhaum***.**
   a. Nws yuav zam peb tej kev txhaum
   b. tus Vaj Ntsuj Plig Dawb Huv yuav nrog peb nyob

5. **Thaum peb ua kev cai raus dej, peb cog lus tias peb yuav** *ua raws li Nws cov lus txib***.**
   a. ua raws li Nws cov lus txib
   b. yeej nco txog Nws
   c. ris Yexus Khetos lub npe

6. **Txoj kev cai raus dej yog ib qho piv txwv ntawm** *Khetos txoj kev tuag, kev faus, thiab kev sawv hauv qhov tuag rov qab los***.**
   a. Khetos txoj kev tuag, kev faus, thiab kev sawv hauv qhov tuag rov qab los
   b. qhov uas peb pib ib lub neej tshiab nrog Khetos
   c. txoj kev tuag ntawm peb lub neej ua txhaum

7. **Vajtswv pom zoo rau txoj kev cai raus dej thiab peb yuav tsum siv Nws txoj cai thaum peb ua.**

8. **Peb rov sib khi lus ib yam li thaum peb tau ua kev cai raus dej thaum peb noj lub cim nco txog.**

9. **Yexus Khetos tau qhia txog txoj kab ke noj lub cim nco txog.**

10. **Yexus Khetos tau rov qab muab txoj kab ke noj lub cim nco txog los dhau ntawm Yauxej Xamiv.**

to accept	lees txais	accountability	txoj kev lav ris
to administer (care)	saib xyuas	age	hnub nyoog
agreement	sib yeem lus	apostle	tus thwj tim
baptism	txoj kev cai raus dej	baptized	tau ua kev cai raus dej
to become	rais los ua	to begin (start)	pib
binding	khi	bishop	tus npis sov
to bless	foom koob hmoov	blood	cov ntshav
body	lub cev	born again (reborn)	yug dua tshiab
burial	txoj kev muab faus	ceremony	txoj kab ke
children	cov me nyuam	Christ	Khetos

to command	txib	commitment	lo lus cog tseg
companionship	ib khub	confirmation	txoj kev pom zoo
constant	tsis tu ncua	to covenant	khi lus
covenant	txoj kev khi lus	daughter	tus ntxhais
death	txoj kev tuag	to desire (strongly desire)	ntshaw
to desire (to want)	xav tau	disciple	tus ntseeg
to do (perform, act)	ua	to enter	nkag hauv
essential	qhov tseem ceeb	exaltation	txoj kev tsa nto
example (analogy)	qhov piv txwv	example (model)	tus yam ntxwv
to experience (usually something bad)	raug	to experience (usually something good)	ntsib
faith	txoj kev ntseeg	to give up (give away)	tso tseg
to give up (surrender)	tsa tes swb	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
to honor	hawm	immersion	raus
interest	txaus nyiam	to introduce	qhia rau
Jesus Christ	Yexus Khetos	to keep	khaws
law	txoj kev cai	to learn	kawm
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
little	me me	man	tus txiv neej
member	tus mej zeej	mission president	qhov chaw tshaj tawm txoj moo zoo tus thawj tswj hwm
name	lub npe	new	tshiab
nobody	tsis muaj leej twg	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	obligation	ib yam yus yuav tsum ua
to offer	pub	old (for people)	laus
ordinance	txoj kab ke	others	luag lwm tus
to partake	txais yuav	pattern (process)	tus txheej txheem
permission	txoj kev tso lus	to place under obligation	kom yus yuav tsum ua
power	lub hwj chim	to prepare	npaj
presence	lub xub ntiag	to prevent	thaiv
priesthood authority	txoj cai ntawm lub pov thawj hwj	priesthood holder	tus tuav lub pov thawj hwj
to promise	cog lus	promise	lo lus cog tseg
rebirth	txoj kev yug dua tshiab	to receive	txais
recreational pursuits	tej yam uas lom zem ua	redeemed	tau kev txhiv dim
regularly	pheej	to reject	xyeej pov tseg
to remain (stay)	nyob	to remember (recall)	nco qab
to remember (reminisce)	nco txog	to remind	ua kom nco ntsoov
reminder	ua rau yus nco txog	remission of sins	tau kev zam txim
to renew	rov ua dua tshiab	repentance	txoj kev hloov siab lees txim
to represent	sawv cev	to require	yuam kom ua
to restore	txum tim rov qab los	restored church	lub koom txoos uas tau raug txum tim rov qab los

resurrection	txoj kev sawv hauv qhov tuag rov qab los	to retain	ceev cia
Sabbath	Hnub Caiv	sacrament	lub cim nco txog
sacred	dawb ceev	sacrifice	txoj kev txi
salvation	txoj kev cawm seej	Savior	tus Cawm Seej
to serve (render service)	pab	to set	tso
to shed for	nrog theej	to show	ua rau nws pom
solemn (person)	tswm seeb	Son	Leej Tub
spiritual	sab ntsuj plig	to strive	siv zog
Sunday	Hnub Xya	symbol	lub cim
to take upon	ris	to teach (preach)	qhia
weekly	txhua lub lim tiam	willingness	lub siab kam
worthy	tsim txiaj		

The Gift of the Holy Ghost

1. **By receiving the gift of the Holy Ghost we** *become spiritually reborn***.**
   a. become spiritually reborn
   b. receive a remission of sins
   c. begin a new spiritual life
2. **The Holy Ghost testifies** *of Christ***.**
   a. of Christ
   b. of Joseph Smith
   c. of the Book of Mormon
3. **The Holy Ghost helps us** *recognize the truth***.**
   a. recognize the truth
   b. do what is right
4. **Through the power of the Holy Ghost we can feel God's love for us.**
5. **Through the Holy Ghost, we can** *receive a testimony of Christ***.**
   a. receive a testimony of Christ
   b. be comforted in our trials
   c. be spiritually strengthened
   d. be sanctified and cleansed

1. **Thaum peb txais lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv ces peb** *sab ntsuj plig yug dua tshiab***.**
   a. sab ntsuj plig yug dua tshiab
   b. txais tau kev zam txim
   c. pib ib lub neej tshiab ntawm sab ntsuj plig
2. **Tus Vaj Ntsuj Plig Dawb Huv ua tim khawv** *txog Khetos***.**
   a. txog Khetos
   b. txog Yauxej Xamiv
   c. txog Phau Ntawv Maumoos
3. **Tus Vaj Ntsuj Plig Dawb Huv pab peb** *paub qhov tseeb***.**
   a. paub qhov tseeb
   b. ua qhov yog
4. **Los ntawm tus Vaj Ntsuj Plig Dawb Huv lub hwj chim, peb hnov tau Vajtswv txoj kev hlub rau peb.**
5. **Los ntawm tus Vaj Ntsuj Plig Dawb Huv, peb yuav** *txais tau ib zag lus tim khawv txog Khetos***.**
   a. txais tau ib zag lus tim khawv txog Khetos
   b. tau kev nplij siab thaum peb raug kev txom nyem
   c. ntsib kev txhawb nqa rau yus sab ntsuj plig
   d. coj dawb huv thiab raug ntxuav

apostasy	txoj kev tso qhov tseeb tseg	authorized	muaj cai
baptism	txoj kev cai raus dej	baptized	tau ua kev cai raus dej
to become	rais los ua	to begin (start)	pib
born again (reborn)	yug dua tshiab	Christ	Khetos
to comfort	nplij siab	companionship	ib khub
to confer	muab	to confirm	pom zoo
danger	xwm txheej	different	txawv
direction	txoj kev coj	disciple	tus ntseeg
to enjoy (activities/experiences)	nyiam	eternal life	txoj sia nyob mus ib txhis
to feel	hnov	to follow (a path)	taug
to follow (behind)	lawv qab	gift (intangible/a talent)	lub txiaj ntsim
hand	txhais tes	head	lub taub hau
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	joy	txoj kev xyiv fab
to lay	tso	to lead (guide, direct)	coj
to learn	kawm	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to lift	nqa
Lord	tus Tswv	lost	poob zoov
love	txoj kev hlub	member	tus mej zeej

membership	txoj kev ua ib tug mej zeej	new	tshiab
one	ib	ordinance	txoj kab ke
physical	sab cev nqaij daim tawv	power	lub hwj chim
precious	muaj nqi kawg	priesthood holder	tus tuav lub pov thawj hwj
promise	lo lus cog tseg	prophet	tus yaj saub
to provide	muab	to receive	txais
to recognize	paub	religion	tej kev teev ntuj
to remain (stay)	nyob	remission of sins	tau kev zam txim
restored	tau muab txum tim rov qab los	right (correct)	yog
to sanctify	ua kom dawb huv	sorrow	txoj kev tu siab heev
Spirit	tus Ntsuj Plig	spiritual	sab ntsuj plig
spiritually	ntawm sab ntsuj plig	strength	lub zog
to teach (preach)	qhia	to testify	ua tim khawv
The Church of Jesus Christ of Latter–day Saints	Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Nt-seeg hauv Hnub Nyoog Kawg	trial	txoj kev hais plaub
truth	qhov tseeb	to warn	ceeb toom
water	dej	worthy	tsim txiaj

Endure to the End

1. **Enduring to the end includes** *doing good works*.
   a. doing good works
   b. serving others
   c. following the Savior's example

2. **We endure to the end when we** *exercise faith in Christ*.
   a. exercise faith in Christ
   b. repent
   c. follow the Spirit

3. **We qualify for eternal life as we** *draw closer to God*.
   a. draw closer to God
   b. conquer temptation and sin
   c. enjoy the gift of the Holy Ghost more abundantly

4. **We are promised eternal life as we** *endure to the end*.
   a. endure to the end
   b. press forward with steadfastness in Christ

5. **Enduring to the end is a personal responsibility.**

1. **Kev nyiaj mus txog hnub kawg kuj txhais tias** *ua tej yam zoo*.
   a. ua tej yam zoo
   b. pab luag tej
   c. ua raws li tus Cawm Seej tus yam ntxwv

2. **Peb nyiaj mus txog hnub kawg thaum peb** *muaj kev ntseeg Khetos*.
   a. muaj kev ntseeg Khetos
   b. hloov siab lees txim
   c. ua raws li tus Ntsuj Plig qhia

3. **Peb tsim nyog los txais tau txoj sia nyob mus ib txhis thaum peb** *nyob ze Vajtswv*.
   a. nyob ze Vajtswv
   b. kov yeej tej kev ntxias thiab kev txhaum
   c. muaj lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv ntau zog

4. **Peb yuav muaj txoj sia nyob mus ib txhis yog peb** *nyiaj kom mus txog thaum kawg*.
   a. nyiaj kom mus txog thaum kawg
   b. thawb mus lawm tom hauv ntej nrog txoj kev ntseeg khov kho hauv Khetos

5. **Txoj kev nyiaj mus txog hnub kawg yog yus li ntiag tug hauj lwm.**

action	tej kev ua	baptism	txoj kev cai raus dej
blessing	txoj koob hmoov	Christ–like	zoo li Khetos
commandment	txoj lus txib	commitment	lo lus cog tseg
confirmation	txoj kev pom zoo	consistently	pheej ua tib yam li qub
covenant	txoj kev khi lus	daily	niaj hnub
effort	siv zog	end	qhov kawg
to endure	nyiaj	to enjoy (activities/experiences)	nyiam
to enter	nkag hauv	eternal life	txoj sia nyob mus ib txhis
example (analogy)	qhov piv txwv	example (model)	tus yam ntxwv
to exercise	siv zog	to exert	sib zog
faith	txoj kev ntseeg	faithfully	muaj kev ntseeg ua
to fall short	yuam kev	to follow (a path)	taug
to follow (behind)	lawv qab	forgiven	tau kev zam txim
free (having liberty)	muaj kev ywj siab	gospel	txoj moo zoo
to grow	loj hlob	joy	txoj kev xyiv fab
to keep	khaws	life (breath/being alive)	txoj sia

life (experiences/actions)	lub neej	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	ordinance	txoj kab ke
to overcome (conquer, triumph)	kov yeej	patiently	ua siab ntev
pattern of living	qauv rau yus lub neej	peace	txoj kev thaj yeeb nyab xeeb
principle	lub ntsiab cai	to promise	cog lus
to qualify	tsim nyog	to remain (stay)	nyob
to renew	rov ua dua tshiab	to repent	hloov siab lees txim
repentance	txoj kev hloov siab lees txim	Savior	tus Cawm Seej
scriptures	cov vaj lug kub	to serve (render service)	pab
sin	txoj kev txhaum	Spirit	tus Ntsuj Plig
strait and narrow path	txoj kev ti thiab nqaim	temptation	txoj kev ntxias
to try (to make an attempt)	sim	to try (to test someone)	sim siab
work	txoj hauj lwm		

Obedience

1. **Obedience brings us peace in this life.**
2. **Disobedience brings us sorrow.**
3. **We are blessed as we** *obey God's commandments***.**
   a. obey God's commandments
   b. follow the influence of His Spirit
   c. choose to conform to His will
4. **Heavenly Father knows our weaknesses and is patient with us.**
5. **God expects us to obey Him.**
6. **God gives us commandments to** *protect us***.**
   a. protect us
   b. guide us
   c. help us be happy

1. **Txoj kev mloog lus ua rau peb muaj kev thaj yeeb nyab xeeb hauv lub neej no.**
2. **Txoj kev tsis mloog lus ua rau peb tu siab.**
3. **Peb tau koob hmoov thaum peb** *ua raws li Vajtswv cov lus txib***.**
   a. ua raws li Vajtswv cov lus txib
   b. ua raws li Nws tus Ntsuj Plig tej kev tshoov siab
   c. xav ua raws li Nws lub siab xav
4. **Leej Txiv Saum Ntej Ceeb Tsheej paub peb tej kev qaug zog thiab ua siab ntev rau peb.**
5. **Vajtswv xav kom peb mloog Nws lus.**
6. **Vajtswv muab cov lus txib rau peb kom pab** *pov hwm peb***.**
   a. pov hwm peb
   b. coj tau peb
   c. pab peb zoo siab

ability	lub peev xwm	agency	txoj kev ywj siab
benefit	lub txiaj ntsim zoo	to bless	foom koob hmoov
to choose	xaiv	commandment	txoj lus txib
disobedience	txoj kev tsis mloog lus	eternal life	txoj sia nyob mus ib txhis
evil	phem	to expect	tos ntsoov
Father in Heaven	Leej Txiv Nyob Saum Ntuj	to follow (a path)	taug
to follow (behind)	lawv qab	God	Vajtswv
good	zoo	happy	kev zoo siab
Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej	influence	lub hwj huam
instruction	txoj kev qhia	to know	paub
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
love	txoj kev hlub	loving	uas hlub heev
obedience (doing according to)	txoj kev ua raws li	obedience (listening to)	txoj kev mloog lus
to obey (do according to)	ua raws li	to obey (listen to)	mloog lus
opportunity	lub cib fim	patient	muaj siab ntev
peace	txoj kev thaj yeeb nyab xeeb	to show	ua rau nws pom
sorrow	txoj kev tu siab heev	Spirit	tus Ntsuj Plig
to strive	siv zog	weakness	txoj kev qaug zog
will (desire)	lub siab nyiam		

Pray Often

1. **God commands us to pray to Him.**
2. **We can pray at any time and in any setting.**
3. **As we pray daily, God will** *forgive our sins*.
   a. forgive our sins
   b. bless us with comfort and peace
   c. help us resist temptation
   d. warn us of danger
   e. enlighten our minds
4. **We start our prayers by addressing our Heavenly Father.**
5. **We end our prayers in the name of Jesus Christ.**
6. **We must learn to recognize God's influence in our lives.**

1. **Vajtswv txib kom peb thov txog Nws.**
2. **Peb thov lub sij hawm twg thiab qhov twg los tau.**
3. **Yog peb niaj hnub thov Vajtswv, Nws yuav** *zam peb lub txim*
   a. zam peb lub txim
   b. foom koob hmoov rau peb kom peb muaj kev nplij siab thiab kev thaj yeeb nyab xeeb
   c. pab peb tawm tsam kev ntxias
   d. ceeb toom peb thaum peb muaj xwm txheej
   e. qhia peb tej yam tshiab
4. **Peb pib peb cov lus thov Vajtswv, hais peb Leej Txiv Saum Ntuj Ceeb Tsheej lub npe.**
5. **Peb xaus peb cov lus thov Vajtswv los ntawm Yexus Khetos lub npe.**
6. **Peb yuav tsum kawm kom paub Vajtswv muaj hwj chim hauv peb lub neej.**

to acknowledge	lees	to address	hais lus rau
to answer	teb	any setting	qhov twg los tau
any time	thaum twg los tau	to ask	noog
to begin (start)	pib	to bless	foom koob hmoov
blessing	txoj koob hmoov	closer	ze dua
comfort	txoj kev nplij siab	daily	niaj hnub
danger	xwm txheej	decision	txoj kev txiav txim siab
to describe	piav	direction	txoj kev coj
to do (perform, act)	ua	to end	kaw
to experience (usually something bad)	raug	to experience (usually something good)	ntsib
to express	piav	faith	txoj kev ntseeg
family	tsev neeg	to feel	hnov
feeling	lub siab xav	to forgive	zam txim
God	Vajtswv	gratitude	txoj kev ris txiaj
guidance	txoj kev coj	to hear	hnov
heart (dealing with emotions)	lub siab	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
help	txoj kev pab	helpful	pab tau
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	honestly	ncaj
in the evening	thaum yav tsaus ntuj	in the morning	yav sawv ntxov

individual	ib leeg	influence	lub hwj huam
Jesus Christ	Yexus Khetos	joy	txoj kev xyiv fab
to kneel	txhos caug	knowledge	txoj kev txawj ntse
to lead (guide, direct)	coj	to learn	kawm
to listen	mloog	Lord	tus Tswv
love	txoj kev hlub	mind	lub hlwb
name	lub npe	needs	tej kev xav tau
openly	tsis txaj muag	others	luag lwm tus
peace	txoj kev thaj yeeb nyab xeeb	to pray	thov Vajtswv
prayer	txoj kev thov Vajtswv	protection	txoj kev pov hwm
real intent	lub siab thov tiag tiag	to receive	txais
to recognize	paub	to see	pom
sincerely	mob siab ua tiag tiag	to speak	hais lus
Spirit	tus Ntsuj Plig	still, small voice	lub suab yau thiab me
to strengthen	txhawb zog	to teach (preach)	qhia
temptation	txoj kev ntxias	truth	qhov tseeb
uplifting	txhawb siab		

Study the Scriptures

1. **The scriptures are written records of** *God's commandments***.**
   a. God's commandments
   b. God's dealings with His children
   c. the prophets' teachings

2. **Diligently studying the scriptures helps us** *understand truth***.**
   a. understand truth
   b. endure to the end
   c. know God
   d. receive revelation

3. **The Standard Works of the Church include** *the Bible***.**
   a. the Bible
   b. the Book of Mormon
   c. the Doctrine and Covenants
   d. the Pearl of Great Price

4. **Through the scriptures we learn about** *Jesus Christ***.**
   a. Jesus Christ
   b. the gospel
   c. the plan of salvation

1. **Cov vaj lug kub yog cov lus uas tau sau tseg cia txog** *Vajtswv cov lus txib***.**
   a. Vajtswv cov lus txib
   b. Vajtswv tej hauj lwm rau Nws cov me nyuam
   c. cov yaj saub tej lus qhia

2. **Qhov uas peb rau siab kawm cov vaj lug kub yuav pab peb** *to taub qhov tseeb***.**
   a. to taub qhov tseeb
   b. nyiaj kom mus txog thaum kawg
   c. paub Vajtswv
   d. txais kev tshwm sim

3. *Phau Vaj Lug Kub Npaiv Npaum* **yog ib phau hauv cov Txhooj Vaj Lug Kub hauv lub Koom Txoos.**
   a. Phau Vaj Lug Kub Npaiv Npaum
   b. Phau Ntawv Maumoos
   c. phau Lus Qhuab Qhia thiab Kev Khi Lus
   d. phau Hlaws uas Muaj Nqi

4. **Peb kawm txog** *Yexus Khetos* **los ntawm cov vaj lug kub.**
   a. Yexus Khetos
   b. txoj moo zoo
   c. txoj kev cawm seej

to become	rais los ua	to believe	ntseeg
book	phau ntawv	Book of Mormon	Phau Ntawv Maumoos
children	cov me nyuam	church (building)	lub tsev koom txoos
church (organization)	lub koom txoos	to come (to a familiar/close place)	los
to come (to an unfamiliar/far-away place)	tuaj	daily	niaj hnub
diligently	rau siab	Doctrine and Covenants	phau Lus Qhuab Qhia thiab Kev Khi Lus
faith	txoj kev ntseeg	to feast	noj
gift (intangible/a talent)	lub txiaj ntsim	God	Vajtswv
gospel	txoj moo zoo	Holy Bible	phau Vaj Lug Kub Npaiv Npaum
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	influence	lub hwj huam
Jesus Christ	Yexus Khetos	to learn	kawm
to live (lead your life)	ua neej	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	to open (a speech)	pib
to open (eyes, mouth, etc)	rua	Pearl of Great Price	phau Hlaws uas Muaj Nqi

prophet	tus yaj saub	record	phau ceev xwm txheej
to record	sau tseg cia	revealed word	cov lus uas tau tshwm sim los
revelation	txoj kev tshwm sim	sacred	dawb ceev
scriptures	cov vaj lug kub	to search (look through)	tshawb
to show	ua rau nws pom	standard works	cov hauv paus vaj lug kub
to study	kawm	truth	qhov tseeb
to understand	to taub	word of God	Vajtswv txoj lus
to write	sau ntawv		

Keep the Sabbath Day Holy

1. **On the Sabbath day we** *rest from our labors*.
   a. rest from our labors
   b. attend church services
   c. strengthen each other
2. **By keeping the Sabbath day holy, we show our commitment to God.**
3. **On the Sabbath, we should refrain from** *shopping*.
   a. shopping
   b. recreational activities
   c. working
4. **Church members should set this day apart for** *worship*.
   a. worship
   b. family–centered activities
   c. thanksgiving
5. **When we keep the Sabbath day holy, we receive** *joy*.
   a. joy
   b. peace
   c. the Spirit

1. **Thaum Hnub Caiv, peb** *so tsis ua hauj lwm*.
   a. so tsis ua hauj lwm
   b. mus koom kev sib ntsib hauv lub koom txoos
   c. sib txhawb nqa
2. **Thaum peb ua kom Hnub Caiv dawb huv, peb ua rau Vajtswv pom peb yeej cog lus tiag.**
3. **Thaum Hnub Caiv, peb yuav tsum tsis txhob mus** *yuav khoom*.
   a. yuav khoom
   b. ua si
   c. ua hauj lwm
4. **Cov mej zeej hauv lub Koom Txoos yuav tau siv hnub no rau kev** *teev tiam Vajtswv*.
   a. teev tiam Vajtswv
   b. ua tej yam nrog lawv tsev neeg
   c. ua Vajtswv tsaug
5. **Thaum peb ceev Hnub Caiv kom dawb huv, peb muaj** *kev xyiv fab*.
   a. kev xyiv fab
   b. kev thaj yeeb nyab xeeb
   c. tus Ntsuj Plig

activity	yam ntxim saib ntxim ua	appropriate (proper)	tsim nyog
to attend	mus koom	behavior	tus yeeb yam
blessing	txoj koob hmoov	careless	dog dig
church members	cov mej zeej ntawm lub koom txoos	church services	txoj kev sib ntsib hauv lub koom txoos
commitment	lo lus cog tseg	commonly	pheej
community	cov kwv tij zej zog	compatible	sib phim
covenants	txoj kev khi lus	day	nruab hnub
to endeavor	sim ua	to enjoy (activities/experiences)	nyiam
to enter	nkag hauv	faith	txoj kev ntseeg
family	tsev neeg	family–centered activities	ua tej yam nrog tsev neeg
friend	tus phooj ywg	God	Vajtswv
holy	dawb huv	house (home)	lub tsev
intent (desire)	rau siab	intent (the meaning behind the act)	lub siab xav
joy	txoj kev xyiv fab	to keep	khaws
labor	txoj kev ua num	to learn	kawm
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
to partake	txais yuav	to participate	koom
peace	txoj kev thaj yeeb nyab xeeb	to refrain	tsis ua
religious	tej kev teev ntuj	to remember (recall)	nco qab
to remember (reminisce)	nco txog	to renew	rov ua dua tshiab

renewed	rov qab ua	to repent	hloov siab lees txim
to rest	so	Sabbath	Hnub Caiv
Sabbath day	Hnub Caiv	sacrament	lub cim nco txog
sacred	dawb ceev	scriptures	cov vaj lug kub
to set	tso	shopping	mus yuav khoom
to show	ua rau nws pom	sin	txoj kev txhaum
spirit of service	lub siab xav pab	spirit of thanksgiving	lub siab xav ua tsaug
Spirit of the Lord	tus Tswv tus Ntsuj Plig	spirit of worship	lub siab xav teev tiam
sporting activities	sib tws ua si	to strengthen	txhawb zog
strengthened	ntsib kev txhawb nqa	to study	kawm
Sunday	Hnub Xya	together	ua ke
virtuous	tsim txiaj	willing	kam
willingness	lub siab kam	world	lub ntiaj teb
to worship (loud)	teev tiam	to worship (quiet)	pe hawm

Baptism and Confirmation

1. **Through baptism and confirmation we show our commitment to God.**
2. **At baptism, we promise to** *take upon us the name of Jesus Christ***.**
   a. take upon us the name of Jesus Christ
   b. always remember Him
   c. keep His commandments
3. **God promises us** *a remission of our sins***.**
   a. a remission of our sins
   b. the constant companionship of the Holy Ghost

1. **Thaum peb ua kev cai raus dej thiab txais kev pom zoo peb ua rau Vajtswv pom peb cog lus lawm.**
2. **Thaum peb ua kev cai raus dej, peb cog lus tias peb yuav** *ris Yexus Khetos lub npe***.**
   a. ris Yexus Khetos lub npe
   b. nco txog Nws txhua lub sij hawm
   c. ua raws li Nws cov lus txib
3. **Vajtswv cog lus tias peb yuav tau** *kev zam txim tawm ntawm peb tej kev txhaum***.**
   a. kev zam txim tawm ntawm peb tej kev txhaum
   b. tus Vaj Ntsuj Plig Dawb Huv nrog nraim peb nyob

all	tag nrho	baptism	txoj kev cai raus dej
baptized	tau ua kev cai raus dej	born	yug los
commandment	txoj lus txib	companionship	ib khub
confirmation	txoj kev pom zoo	confirmed	tau kev pom zoo
confirmed a member of the Church	tau kev pom zoo ua ib tug mej zeej hauv lub Koom Txoos	constant	tsis tu ncua
covenant	txoj kev khi lus	desire	lub siab xav tau
to enter	nkag hauv	to follow (a path)	taug
to follow (behind)	lawv qab	God	Vajtswv
to help (meet needs, assist)	pab	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
Jesus Christ	Yexus Khetos	to keep	khaws
laying on of hands	tso tes	name	lub npe
need	lub siab xav tau	to place hands	tso tes
to promise	cog lus	to remember (recall)	nco qab
to remember (reminisce)	nco txog	remission of sins	tau kev zam txim
to show	ua rau nws pom	Son	Leej Tub
to take upon oneself	ris rau yus tus kheej	time (as in one more “;time”;)	zaus
time (general, ex: I have time)	lub sij hawm	way (path, road, route)	txoj kev
witness	tus tim khawv		

Follow the Prophet

1. **God is the source of all truth.**
2. **Truth does not change with conditions or time.**
3. **God reveals truth to apostles and prophets.**
4. **God commands the prophets to** *teach truth***.**
   a. teach truth
   b. testify of Christ
   c. lead the Church
5. **Christ's church is built on a foundation** *of prophets and apostles***.**
   a. of prophets and apostles
   b. of revelation
   c. of priesthood authority
6. **The president of the Church today is a living prophet.**
7. **As we follow the prophet we will** *learn the truth***.**
   a. learn the truth
   b. not go astray
   c. be spiritually safe
8. **The Holy Ghost confirms the truths the prophets teach.**

1. **Vajtswv yog lub hauv paus ntawm txhua qhov tseeb.**
2. **Qhov tseeb yeej tsis txawj pauv txawm muaj li cas.**
3. **Vajtswv qhia qhov tseeb rau cov thwj tim thiab cov yaj saub.**
4. **Vajtswv txib cov yaj saub mus** *qhia qhov tseeb***.**
   a. qhia qhov tseeb
   b. ua tim khawv txog Khetos
   c. coj lub Koom Txoos
5. *Cov yaj saub thiab cov thwj tim* **yog lub hauv paus ntawm Khetos lub koom txoos.**
   a. Cov yaj saub thiab cov thwj tim
   b. Kev tshwm sim
   c. Txoj cai ntawm lub pov thawj hwj
6. **Lub Koom Txoos tus thawj tswj hwm niaj hnub nim no yog ib tug yaj saub.**
7. **Thaum peb ua raws li tus yaj saub hais peb** *kawm txog qhov tseeb***.**
   a. kawm txog qhov tseeb
   b. yuav tsis poob zoov
   c. tsis raug xwm txheej ntawm sab ntsuj plig
8. **Tus Vaj Ntsuj Plig Dawb Huv ua tim khawv txog tej yam tseeb uas cov yaj saub qhia.**

anchor	lub txhoj tog	apostle	tus thwj tim
assurance	paub tiag tiag	astray	yuam kev
to avoid	zam	to believe	ntseeg
blessed	tau koob hmoov	called	raug hu
to change (alter)	hloov	to change (switch)	pauv
changing	tab tom hloov	chosen	raug xaiv
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
to command	txib	condition	zoo li cas
to confirm	pom zoo	confusion	txoj kev ntxhov siab
counsel	cov lus qhuab ntuas	to determine	txiav txim siab
dispensation	lub caij nyoog	to enjoy (activities/experiences)	nyiam
eternal	nyob mus ib txhis	every	txhua
faith	txoj kev ntseeg	first (first in a list, a pattern, or steps)	thib ib
first (the very first)	thawj	to follow (a path)	taug

to follow (behind)	lawv qab	foundation	lub hauv paus
to give (freely/intangibles)	pub	to give (in hand/tangibles)	muab
God	Vajtswv	harmony	txoj kev sib haum xeeb
head	lub taub hau	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
Joseph Smith	Yauxej Xamiv	to know	paub
knowledge	txoj kev txawj ntse	last	qhov kawg
to lead (guide, direct)	coj	to listen	mloog
living prophet	tus yaj saub uas muaj txoj sia nyob	Lord	tus Tswv
man	tus txiv neej	necessary	tsim nyog
to overwhelm	ua kom qaug zog	people	cov neeg
personal	ntawm yus tus kheej	personally	ua rau yus tus kheej
to prepare	npaj	president	tus thawj tswj hwm
prophet	tus yaj saub	to provide	muab
to reveal	tshwm sim	revelation	txoj kev tshwm sim
righteous	ncaj ncees	scriptures	cov vaj lug kub
sorrow	txoj kev tu siab heev	source	lub hauv paus
to speak	hais lus	successor	tus sawv los coj tom qab
to teach (preach)	qhia	teaching (doctrine)	tej lus qhia
teaching (method)	txoj kev qhia	time (as in one more “;time”;)	zaus
time (general, ex: I have time)	lub sij hawm	today	hnub no
truth	qhov tseeb	values	txoj kev ntseeg
will (desire)	lub siab nyiam	woman	tus poj niam
word of God	Vajtswv txoj lus	world	lub ntiaj teb

Keep the Ten Commandments

1. **The Ten Commandments are still valid today.**
2. **God revealed to Moses the Ten Commandments to guide His people.**
3. **The Ten Commandments include....**

1. **Kaum Nqe Lus Txib yeej tseem ceeb niaj hnub no.**
2. **Vajtswv qhia Kaum Nqe Lus Txib rau Mauxes kom coj tau Nws cov neeg.**
3. **Kaum Nqe Lus Txib hais li no….**

adultery	txoj kev deev luag poj luag txiv	to avoid	zam
blessing	txoj koob hmoov	commandment	txoj lus txib
to commit (an act)	ua	to commit (committment)	cog lus
to covet	ntshaw	exodus	khiav dim
false	cuav	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	God	Vajtswv
graven image	tus mlom	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
holy	dawb huv	to honor	hawm
honor	hwm	how	li cas
joy	txoj kev xyiv fab	to keep	khaws
to kill	tua	to know	paub
lasting happiness	txoj kev zoo siab uas kav mus ib txhis	to lead (guide, direct)	coj
to lie	dag	Moses	Mauxes
one another	ib leeg rau ib leeg	peace of conscience	muaj kev thaj yeeb nyab xeeb
people	cov neeg	to receive	txais
to reveal	tshwm sim	reverence	txoj kev tswm seeb
Sabbath	Hnub Caiv	to show	ua rau nws pom
to steal	nyiag	to teach (preach)	qhia
Ten commandments	kaum nqe kev cai	today	hnub no
valid	muaj tseeb	witness	tus tim khawv
to worship (loud)	teev tiam	to worship (quiet)	pe hawm

Live the Law of Chastity

1. **God delights in the chastity of His people.**
2. **The Law of Chastity means** *abstaining from sexual relations before marriage***.**
   a. abstaining from sexual relations before marriage
   b. being faithful to one's spouse after marriage
3. **Chastity requires faithfulness in thought and action.**
4. **Living the Law of Chastity includes** *being modest***.**
   a. being modest
   b. keeping our thoughts clean
5. **The Law of Chastity prohibits** *abortions***.**
   a. abortions
   b. homosexual or lesbian relations
   c. pornography in any form

1. **Vajtswv zoo siab thaum Nws cov neeg coj dawb huv.**
2. **Txoj Kev Cai Coj Dawb Huv** *txwv tsis pub ib tug pw nrog leej twg ua ntej sib yuav***.**
   a. txwv tsis pub ib tug pw nrog leej twg ua ntej sib yuav
   b. qhia tias tom qab sib yuav lawm yus pw nrog yus tus txiv los sis tus poj niam nkaus xwb
3. **Yuav kom peb ua raws li txoj kev cai coj dawb huv peb yuav tsum xav txog thiab ua tej yam dawb huv.**
4. **Peb yuav tsum** *hnav khaub ncaws paub txaj muag* **thiaj ua raws li txoj Kev Cai Coj Dawb Huv.**
   a. hnav khaub ncaws paub txaj muag
   b. ceev peb tej kev xav kom dawb huv
5. **Txoj Kev Cai Coj Dawb Huv txwv tsis pub** *rho me nyuam***.**
   a. rho me nyuam
   b. txiv neej nrog txiv neej los sis poj niam nrog poj niam pw
   c. saib duab liab qab

abortion	rho me nyuam	abstinence	txwv tsis pw ua ke
action	tej kev ua	any	twg
to avoid	zam	baptismal candidates	cov neeg uas yuav los ua kev cai raus dej
body	lub cev	to break (into pieces)	dam
to burder (bother)	tab kaum	chastity	txoj kev coj dawb huv
clean (adjective)	huv	to commit (an act)	ua
to commit (committment)	cog lus	complete	tiav
confidence	txoj kev cia siab	to delight	zoo siab nyob hauv
dress (article of clothing)	daim tiab	dress (manner of dress)	txoj kev hnav
to enjoy (activities/experiences)	nyiam	faithfulness	txoj kev rau siab ntseeg
family	tsev neeg	fidelity	txoj kev nrog tus txij nkawm
forgiven	tau kev zam txim	God	Vajtswv
God–given	uas Vajtswv tau pub	guilt	txoj kev txaj muag
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	homosexual	tus txiv neej tham txiv neej
husband	tus txiv	to include	nyob rau hauv
influence	lub hwj huam	to keep	khaws
lasting	nyob tas mus li	law	txoj kev cai
law of chastity	txoj kev cai coj dawb huv	legal	raws kev cai lij choj
lesbian	poj niam tham poj niam	life (experiences/actions)	lub neej
to live (lead your life)	ua neej	loyalty	txoj kev muab siab npuab
man	tus txiv neej	marriage	txoj kev sib yuav

modest	paub txaj muag	more fully	haj yam
to participate	koom	pornography	duab liab qab
procreative power	lub hwj chim tsim tub ki	to prohibit	txwv
pure (clean)	dawb huv	pure (innocent)	huv
purity (cleanliness)	txoj kev dawb huv	purity (innocence)	txoj kev huv
relations	tej kev sib deev	relationship (getting along)	txoj kev sib raug zoo
relationship (how you're related)	sib txheeb li cas	to repent	hloov siab lees txim
to require	yuam kom ua	sacred	dawb ceev
self–control	tswj hwm yus tus kheej	sexual	hais txog kev sib deev
shame	txoj kev txaj muag	speech	txoj kev hais lus
spouse	tus txij nkaum	strength	lub zog
strict	coj nruj	thought	txoj kev xav
to treat	coj tus cwj pwm nrog lwm tus	trust	cia siab
wife	tus poj niam	woman	tus poj niam

Obey the Word of Wisdom

1. **Our bodies are sacred.**
2. **The Word of Wisdom teaches us to avoid** *harmful substances***.**
   a. harmful substances
   b. tea and coffee
   c. tobacco
   d. alcohol
3. **We should** *respect* **our bodies.**
   a. respect
   b. reverence
4. **The Word of Wisdom encourages us to eat** *healthy foods***.**
   a. healthy foods
   b. grains
   c. fruits and vegetables
   d. meat sparingly
5. **As we keep the Word of Wisdom, God gives us** *health***.**
   a. health
   b. strength
   c. spiritual knowledge
6. **To be baptized and confirmed we must live this law.**

1. **Peb lub cev dawb ceev.**
2. **Lo Lus Txawj Ntse qhia kom peb tsis** *noj tshuaj phem***.**
   a. noj tshuaj phem
   b. haus dej this thiab dej kas fes
   c. haus luam yeeb
   d. haus cawv
3. **Peb yuav tsum** *hawm* **peb lub cev.**
   a. hawm
   b. saib xyuas
4. **Lo Lus Txawj Ntse qhia kom peb noj** *zaub mov uas ua rau peb noj qab nyob zoo***.**
   a. zaub mov uas ua rau peb noj qab nyob zoo
   b. nplej
   c. txiv hmab txiv ntoo thiab zaub
   d. nqaij tsawg tsawg xwb
5. **Thaum peb ua raws li Lo Lus Txawj Ntse, Vajtswv ua rau peb** *noj qab nyob zoo***.**
   a. noj qab nyob zoo
   b. muaj zog
   c. paub tej yam ntawm sab ntsuj plig
6. **Yuav kom peb ua kev cai raus dej thiab txais kev pom zoo peb yuav tsum ua raws li txoj kev cai no.**

Abraham	Anplaham	abuse	tsim txom
alcohol	cawv	to avoid	zam
baptized	tau ua kev cai raus dej	beer	npias
blessing	txoj koob hmoov	body	lub cev
coffee	dej kas fes	confirmed	tau kev pom zoo
drug	tshuaj phem	to eat	noj
evil	phem	food	zaub mov
form	tsim	free (having liberty)	muaj kev ywj siab
to give up something	tso tseg	harmful	phem
health	txoj kev noj qab nyob zoo	healthy	noj qab nyob zoo
influence	lub hwj huam	Joseph Smith	Yauxej Xamiv
to keep	khaws	law	txoj kev cai
to maintain	ceev rawv	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	to promise	cog lus
prophet	tus yaj saub	protection	txoj kev pov hwm

to remember (recall)	nco qab	to remember (reminisce)	nco txog
respect	txoj kev hawm	to reveal	tshwm sim
reverence	txoj kev tswm seeb	sacred	dawb ceev
spiritual	sab ntsuj plig	strength	lub zog
tea	dej this	to teach (preach)	qhia
tobacco	luam yeeb	to treat	coj tus cwj pwm nrog lwm tus
truth	qhov tseeb	to use (as in tools or weapons)	xuas
to use (general)	siv	Word of Wisdom	Lo Lus Txawj Ntse

Keep the Law of Tithing

1. **Tithing is an ancient, divine law.**

2. **The Law of Tithing gives us the opportunity to** *honor God***.**
   a. honor God
   b. help build God's kingdom
   c. show our faith

3. **Tithing funds are used to** *build and maintain Church buildings***.**
   a. build and maintain Church buildings
   b. carry the Gospel to all the world
   c. conduct temple and family history work

4. **God blesses those who pay an honest tithe.**

1. **Txoj kev cai them ib feem kaum yog ib txoj kev cai muaj txheej thaum ub, uas los ntawm Vajtswv los.**

2. **Txoj Kev Cai Them Ib Feem Kaum yog ib lub cib fim** *hwm Vajtswv***.**
   a. hwm Vajtswv
   b. pab ua rau Vajtswv lub nceeg vaj loj tuaj
   c. ua rau Vajtswv pom tias peb muaj kev ntseeg npaum li cas

3. **Cov nyiaj ib feem kaum yeej muab siv** *kom ua thiab tu tau cov tsev sib ntsib hauv lub Koom Txoos***.**
   a. kom ua thiab tu tau cov tsev sib ntsib hauv lub Koom Txoos
   b. los qhia tau Txoj Moo Zoo rau thoob plaws lub ntiaj teb
   c. los ua tau hauj lwm hauv lub tuam tsev thiab nrhiav tsev neeg zaj keeb puam

4. **Vajtswv foom koob hmoov rau cov uas them ib feem kaum.**

Abraham	Anplaham	abundantly	ntau nplua mias
all	tag nrho	ancient	yav txheej thaum ub
any kind	yam twg los tau	to be used	tau siv
belief	txoj kev ntseeg	to belong	sib raug zoo
to bless	foom koob hmoov	blessed	tau koob hmoov
blessing	txoj koob hmoov	to carry (in hands/arms)	nqa
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
Church headquarters	lub hauv paus ntawm lub koom txoos	church leaders	lub koom txoos cov thawj coj
to command	txib	to conduct	coj
to contribute	pab ntxiv rau	council	pawg sab laj
to determine	txiav txim siab	divine	los ntawm Vajtswv los
faith	txoj kev ntseeg	first (first in a list, a pattern, or steps)	thib ib
first (the very first)	thawj	First Presidency	Thawj Pawg Thawj Tswj Hwm
to give (freely/intangibles)	pub	to give (in hand/tangibles)	muab
gospel	txoj moo zoo	great	zoo kawg
growth	txoj kev loj hlob	to have (possess)	muaj
holy	dawb huv	honest	siab ncaj
to honor	hawm	important	tseem ceeb
income	nyiaj txiag khwv tau	to increase	loj hlob
increase (our gain)	tej yam peb khwv tau	to keep	khaws
kingdom	lub nceeg vaj	Kingdom of God	Vajtswv lub nceeg vaj
law	txoj kev cai	local	hauv cheeb tsam
Lord	tus Tswv	to maintain	ceev rawv
to make (build, develope)	ua	meetinghouse	lub tsev sib ntsib
membership	txoj kev ua ib tug mej zeej	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	Old Testament	Phau Qub

opportunity	lub cib fim	outward	kev ua tshwm sab nraud
to pay	them	payment	nyiaj uas tau them
Presiding Bishopric	thawj pawg Npis Sov	privilege	lub cib fim
to promise	cog lus	prophet	tus yaj saub
Quorum of the Twelve Apostles	pawg Kaum Ob tug Thwj Tim	to receive	txais
rightfully	muaj cai	to rob	nyiag
sacred	dawb ceev	to seek	nrhiav
sign	daim paij	specific	ib yam twg
spiritual	sab ntsuj plig	to support	txhawb nqa
temple	lub tuam tsev	temple work	hauj lwm hauv lub tuam tsev
temporal	sab cev nqaij daim tawv	tenth	thib kaum
tithe	ib feem kaum	tithing	nyiaj ib feem kaum
tithing funds	nyiaj ib feem kaum	to use (as in tools or weapons)	xuas
to use (general)	siv	work	txoj hauj lwm
worldwide	tag nrho hauv ntiaj teb		

Observe the Law of the Fast

1. **Fasting means going without food and drink for a period of time.**
2. **Fasting and prayer go together.**
3. **When we fast, we should pray for** *specific purposes***.**
   a. specific purposes
   b. other people
   c. strength
4. **When we fast, we are more receptive** *to the Spirit***.**
   a. to the Spirit
   b. to answers to our prayers
   c. to the Lord's guidance
5. **We also pay fast offerings.**
6. **We donate money to the Church to help** *the needy***.**
   a. the needy
   b. the poor
7. **We give at least what we would have spent on food.**
8. **This is called a fast offering.**

1. **Txoj kev cai yoo mov yog thaum yus tsis noj mov thiab tsis haus dej rau ib lub sij hawm.**
2. **Txoj kev cai yoo mov thiab kev thov Vajtswv yeej nyob ua ke**
3. **Thaum peb yoo mov, peb yuav tau thov Vajtswv** *rau ib lub ntsiab tseem ceeb***.**
   a. rau ib lub ntsiab tseem ceeb
   b. rau lwm tus neeg
   c. kom muaj zog
4. **Thaum peb yoo mov, peb haj yam hnov tau** *tus Ntsuj Plig***.**
   a. tus Ntsuj Plig
   b. cov lus teb rau peb cov lus thov
   c. tus Tswv txoj kev coj
5. **Peb kuj them nyiaj txiag yoo mov.**
6. **Peb pub nyiaj rau lub Koom Txoos los pab** *cov neeg uas tsis muaj***.**
   a. cov neeg uas tsis muaj
   b. cov neeg pluag
7. **Peb muab cov nyiaj npaum li peb yuav siv yog tias peb yuav zaub mov.**
8. **No hu ua nyiaj txiag yoo mov.**

to allow	cia	amount	hov ntau
answer	lo lus teb	available	khoom
baptismal covenants	cov kev khi lus ntawm txoj kev cai raus dej	to bear testimony	ua tim khawv
blessing	txoj koob hmoov	to call	hu
care	tsom kwm saib xyuas	to care for	tsom kwm saib xyuas
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
commandment	txoj lus txib	consecutive	hnub muaj tseg
contribution	txoj kev pab ntxiv rau	cost	tus nqi
day	nruab hnub	to donate	pub nyiaj dawb
to draw attention	ua kom tib neeg saib	drink	haus dej
faith	txoj kev ntseeg	to fast	yoo mov
fast offering	cov nyiaj yoo mov	fasting	txoj kev yoo mov
to finish (complete, fulfill)	ua tiav	first (first in a list, a pattern, or steps)	thib ib
first (the very first)	thawj	food	zaub mov
generous	siab dav	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	great	zoo kawg
to help (meet needs, assist)	pab	to include	nyob rau hauv
to lead (guide, direct)	coj	meal	pluas mov

mission (goal/purpose)	lub hom phiaj	money	nyiaj
month	lub hlis	need	lub siab xav tau
needy	pluag	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	physical	sab cev nqaij daim tawv
poor	pluag	to pray	thov Vajtswv
prayer	txoj kev thov Vajtswv	private	tsis pub luag tej paub txog
to promise	cog lus	pure (clean)	dawb huv
pure (innocent)	huv	to receive	txais
remission of sins	tau kev zam txim	to retain	ceev cia
to save	cawm	to set aside	tshwj tseg
special	tshwj xeeb	specific	ib yam twg
spiritual	sab ntsuj plig	Sunday	Hnub Xya
testimony	zaj lus tim khawv		

How to Donate Tithes and Offerings

1. **Members make donations by** *completing a donation slip*.
   a. completing a donation slip
   b. placing the donation in an envelope
   c. giving the donation to a member of the bishopric

2. **Tithes and offerings are paid voluntarily and privately.**

3. **All donations are considered sacred and belong to the Lord.**

4. **At the end of the year, members** *meet with the bishop*.
   a. meet with the bishop
   b. attend tithing settlement
   c. declare tithing faithfulness

1. **Cov mej zeej** *sau ib daim ntawv qhia tias lawv pub nyiaj siab dawb*.
   a. sau ib daim ntawv qhia tias lawv pub nyiaj siab dawb
   b. muab cov nyiaj ntim hauv ib hnab ntawv
   c. muab cov nyiaj pub siab dawb rau ib tug hauv pawg npis sov

2. **Yus them cov nyiaj ib feem kaum thiab cov nyiaj txiag yoo mov raws li yus xav thiab tsis qhia luag tej paub li.**

3. **Tag nrho cov nyiaj siab dawb yeej dawb ceev thiab yog tus Tswv tug.**

4. **Cov mej zeej** *nrog tus npis sov sib ntsib* **txhua xyoo.**
   a. nrog tus npis sov sib ntsib
   b. mus koom kev sib ntsib tham txog ib feem kaum
   c. qhia tias lawv tau them ib feem kaum tag nrho

to abstain from	yoo	any time	thaum twg los tau
to attend tithing settlement	mus koom kev sib tham txog ib feem kaum	to belong	sib raug zoo
bishop	tus npis sov	bishopric	tus npis sov
careful	ceev faj	clerk	tus neeg khaws ntaub ntawv
confidential	tsis qhia leej twg	day	nruab hnub
to declare	tshaj tawm	donation	cov nyiaj pub dawb
donation slip	daim ntawv pub nyiaj siab dawb	to earn	khwv tau
end	qhov kawg	envelope	lub hnab ntawv
faithfulness	txoj kev rau siab ntseeg	fast offering	cov nyiaj yoo mov
financial	hais txog cov nyiaj	to finish (complete, fulfill)	ua tiav
income	nyiaj txiag khwv tau	to keep	khaws
Lord	tus Tswv	meeting	lub rooj sab laj
member	tus mej zeej	offering	cov nyiaj pub dawb
to pay	them	private	tsis pub luag tej paub txog
privately	ua kom tsis pub luag tej paub txog	sacred	dawb ceev
strictly	raws nraim li	tithe	ib feem kaum
tithing	nyiaj ib feem kaum	tithing settlement	sib tham txog ib feem kaum
voluntarily	pab dawb	year–end report	daim ntawv qhia txog xyoo tas lawm

Obey and Honor the Law

1. **We believe in being good citizens.**
2. **We should obey secular laws.**
3. **Members of the Church are counseled to** *be good citizens*.
   a. be good citizens
   b. obey the law
   c. render community service
4. **We should participate** *in civil government*.
   a. in civil government
   b. in political processes

1. **Peb ntseeg tias peb yuav tsum ua cov pej xeem zoo.**
2. **Peb yuav tsum ua raws li txoj kev cai hauv peb lub teb chaws.**
3. **Cov mej zeej hauv lub Koom Txoos raug qhia hais tias lawv yuav tsum** *ua cov pej xeem zoo*.
   a. ua cov pej xeem zoo
   b. ua raws li kev cai
   c. pab lawv cov kwv tij zej zog
4. **Peb yuav tsum pab ua tej yam** *hauv tus tseem fwv*.
   a. hauv tus tseem fwv
   b. hauv kev kav teb kav chaws

to be counseled	tau kev qhuab qhia	to believe	ntseeg
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
citizen	tus pej xeem	community	cov kwv tij zej zog
country	lub teb chaws	everywhere	qhov txhia qhov chaw
good	zoo	government	tus tseem fwv
Latter–day Saint	tus Neeg Ntseeg hauv Hnub Nyoog Kawg	law	txoj kev cai
to live (lead your life)	ua neej	member	tus mej zeej
to obey (do according to)	ua raws li	to obey (listen to)	mloog lus
to participate	koom	political process	txoj kev kav teb kav chaws
representative	sawv cev	to serve (render service)	pab
service	txoj kev pab		

Priesthood and Auxiliaries

1. **Priesthood is the power and the authority to act in God's name.**

2. **The Church is led by Jesus Christ through apostles and prophets.**

3. **John the Baptist restored the Aaronic Priesthood to Joseph Smith and Oliver Cowdery.**

4. **Peter, James and John restored the Melchizedek Priesthood to Joseph Smith and Oliver Cowdery.**

5. **A worthy man receives the Priesthood** *by the laying on of hands***.**
   a. by the laying on of hands
   b. by ordination by the proper persons
   c. from an authorized priesthood holder

6. **Worthy priesthood holders desire to** *obey God's commandments***.**
   a. obey God's commandments
   b. serve God
   c. strengthen others
   d. strengthen their testimonies

7. **Holders of the Aaronic Priesthood have the authority to** *baptize***.**
   a. baptize
   b. bless and pass the sacrament
   c. watch over the church

8. **The Melchizedek Priesthood is the authority to** *give blessings***.**
   a. give blessings
   b. confer the gift of the Holy Ghost
   c. administer to the sick

9. **The auxiliary organizations assist the Priesthood in** *strengthening church members***.**
   a. strengthening church members
   b. fellowshipping new members
   c. serving the community

10. **The church auxiliaries include** *the Relief Society for women***.**
    a. the Relief Society for women
    b. the Primary organization for children
    c. the Young Men and Women organizations

11. **Auxiliary organizations operate under the direction of priesthood leaders.**

1. **Lub pov thawj hwj yog lub hwj chim thiab txoj cai tuav Vajtswv lub npe ua hauj lwm.**

2. **Yexus Khetos coj lub Koom Txoos los ntawm cov thwj tim thiab cov yaj saub.**

3. **Yauhas tus uas Muab Neeg Ua Kev Cai Raus Dej tau rov qab muab lub Pov Thawj Hwj Aloos rau Yauxej Xamiv thiab Olivaws Khaudaulis.**

4. **Petus, Yakaunpaus, thiab Yauhas tau rov qab muab lub Pov Thawj Hwj Mekhixedes rau Yauxej Xamiv thiab Olivaws Khaudaulis.**

5. **Ib tug txiv neej uas tsim txiaj txais tau lub Pov Thawj Hwj** *los ntawm kev tso tes***.**
   a. los ntawm kev tso tes
   b. thaum cov neeg uas muaj cai muab rau nws
   c. los ntawm ib tug uas muaj cai tuav lub pov thawj hwj

6. **Cov txiv neej tsim txiaj uas tuav lub pov thawj hwj xav** *ua raws li Vajtswv cov lus txib***.**
   a. ua raws li Vajtswv cov lus txib
   b. hawm Vajtswv
   c. txhawb nqa luag tej
   d. ua rau lawv zaj lus tim khawv muaj zog

7. **Cov uas tuav lub pov thawj hwj Aloos muaj cai** *muab neeg ua kev cai raus dej***.**
   a. muab neeg ua kev cai raus dej
   b. foom koob hmoov thiab yais lub cim nco txog
   c. saib xyuas lub koom txoos

8. **Lub Pov Thawj Hwj Mekhixedes yog txoj cai kom thiaj** *foom koob hmoov rau tib neeg***.**
   a. foom koob hmoov rau tib neeg
   b. muab lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv
   c. saib xyuas cov neeg muaj mob

9. **Cov koom haum pab pab cov uas tuav lub Pov Thawj Hwj** *txhawb nqa cov mej zeej hauv lub koom txoos***.**
   a. txhawb nqa cov mej zeej hauv lub koom txoos
   b. ua phooj ywg rau cov mej zeej tshiab
   c. pab cov kwv tij zej zog

10. *Lub Koom Haum Niam Tsev* **yog ib lub koom haum pab rau cov poj niam hauv lub koom txoos.**
    a. Lub Koom Haum Niam Tsev
    b. Lub Koom Haum Me Nyuam Yaus
    c. Lub Koom Haum Tub Hluas thiab lub Koom Haum Ntxhais Hluas

11. **Cov koom haum pab ua hauj lwm raws li cov thawj coj pov thawj hwj kev coj qhia.**

Aaronic Priesthood	lub Pov Thawj Hwj Aloos	to administer (care)	saib xyuas
age	hnub nyoog	to anoint	pleev roj
apostle	tus thwj tim	to appear	tshwm sim
appropriate (proper)	tsim nyog	authority	txoj cai
auxiliary	lub koom haum pab	bishop	tus npis sov
blessing	txoj koob hmoov	boy	tus tub hluas
called	raug hu	class	hoob kawm
comfort	txoj kev nplij siab	community	cov kwv tij zej zog
to confer	muab	confirmation	txoj kev pom zoo
consecrated	tshwj tseg	convert	tus neeg hloov siab los ntseeg
counsel	cov lus qhuab ntuas	covenant	txoj kev khi lus
desire	lub siab xav tau	to do (perform, act)	ua
duty	txoj dej num	to ensure	ua kom tseeb
family	tsev neeg	father	tus txiv
to finish (complete, fulfill)	ua tiav	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	God	Vajtswv
hand	txhais tes	head	lub taub hau
healing	kho mob	to help (meet needs, assist)	pab
higher	siab dua	to hold	tuav
holder	tus tuav lub pov thawj hwj	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
home teacher	tus neeg qhia tom tsev	house (home)	lub tsev
husband	tus txiv	to interview	ua xam phaj
investigator	tus neeg kawm txoj moo zoo	James	Yakaunpaus
Jesus Christ	Yexus Khetos	John	Yauhas
John the Baptist	Yauhas tus uas Muab Neeg Ua Kev Cai Raus Dej	Joseph Smith	Yauxej Xamiv
judge	tus txiav txim	laying on of hands	tso tes
love	txoj kev hlub	to make (build, develope)	ua
male	tus txiv neej	man	tus txiv neej
Melchizedek Priesthood	lub Pov Thawj Hwj Mekixedes	member	tus mej zeej
membership	txoj kev ua ib tug mej zeej	missionary (messenger)	tus tub txib
name	lub npe	oil	cov roj
Oliver Cowdery	Olivawj Khaudaulis	opportunity	lub cib fim
to ordain	tsa	ordinance	txoj kab ke
ordination	txoj kev tsa los	organization	lub koom haum
other	lwm	to participate	koom
Peter	Petus	power	lub hwj chim
priesthood	lub pov thawj hwj	Primary	Koom Haum Me Nyuam Yaus
prophet	tus yaj saub	quorum	lub pov thawj hwj
to reach out	ncav kom txog	to receive	txais
Relief Society	lub Koom Haum Niam Tsev	restored	tau muab txum tim rov qab los
righteous	ncaj ncees	righteousness	txoj kev ncaj ncees

sacrament	lub cim nco txog	saint	tus neeg ntseeg
salvation	txoj kev cawm seej	to serve (render service)	pab
service	txoj kev pab	sick	mob
special	tshwj xeeb	spiritual	sab ntsuj plig
spouse	tus txij nkaum	stake president	ceg txheem ntseeg tus thawj tswj hwm
to strengthen	txhawb zog	Sunday School	lub Hoob Kawm Vaj Lug Kub
to teach (preach)	qhia	temple	lub tuam tsev
temporal	sab cev nqaij daim tawv	twelve	kaum ob
to visit	xyuas	woman	tus poj niam
work	txoj hauj lwm	worthiness	txoj kev tsim txiaj
worthy	tsim txiaj	Young Men	Koom Haum Tub Hluas
Young Women	Koom Haum Ntxhais Hluas		

Missionary Work

1. **As we share the Gospel, we are blessed with** *joy*.
   a. joy
   b. the Spirit
   c. greater love

2. **We are commanded to share the gospel with others.**

3. **After baptism, we covenant to** *share the gospel*.
   a. share the gospel
   b. stand as witnesses
   c. be an example

4. **As members, we can** *pray for missionary opportunities*.
   a. pray for missionary opportunities
   b. serve those not of our faith
   c. share what we believe

1. **Thaum peb faib Txoj Moo Zoo rau luag tej, peb tau** *kev xyiv fab*.
   a. kev xyiv fab
   b. tus Ntsuj Plig
   c. kev hlub uas loj tuaj

2. **Peb raug txib kom qhia txoj moo zoo rau luag tej.**

3. **Tom qab peb ua kev cai raus dej, peb khi lus tias peb yuav** *qhia Txoj Moo Zoo rau luag tej*.
   a. qhia Txoj Moo Zoo rau luag tej
   b. ua tim khawv
   c. coj yam ntxwv zoo

4. **Peb cov uas yog mej zeej** *muaj cai thov kom yuav muaj lub cib fim qhia txoj moo zoo*.
   a. muaj cai thov kom yuav muaj lub cib fim qhia txoj moo zoo
   b. pab tau cov uas tsis ntseeg li peb
   c. faib tau tej yam uas peb ntseeg

to accept	lees txais	to answer	teb
to appreciate	ris txiaj	baptized	tau ua kev cai raus dej
to believe	ntseeg	blessing	txoj koob hmoov
to command	txib	covenant	txoj kev khi lus
example (analogy)	qhov piv txwv	example (model)	tus yam ntxwv
to experience (usually something good)	ntsib	faithfully	muaj kev ntseeg ua
family	tsev neeg	to feel	hnov
friend	tus phooj ywg	to give (freely/intangibles)	pub
God	Vajtswv	gospel	txoj moo zoo
to invite	thov caw	joy	txoj kev xyiv fab
to learn	kawm	list	phau ntawv
to live (be alive)	muaj txoj sia nyob	to live (lead your life)	ua neej
Lord	tus Tswv	love	txoj kev hlub
meaningful	muaj lub ntsiab	member	tus mej zeej
message	zaj xov xwm	missionary (messenger)	tus tub txib
opportunity	lub cib fim	people	cov neeg
to pray	thov Vajtswv	precious	muaj nqi kawg
to promise	cog lus	question	lo lus noog
to receive	txais	to reject	xyeej pov tseg
restored	tau muab txum tim rov qab los	scriptures	cov vaj lug kub
to serve (render service)	pab	to share	faib
to show	ua rau nws pom	Spirit of the Lord	tus Tswv tus Ntsuj Plig
to teach (preach)	qhia	witness	tus tim khawv
world	lub ntiaj teb		

Eternal Marriage

1. **Eternal marriage between a man and a woman** *is ordained of God***.**
   a. is ordained of God
   b. enables family to endure beyond death
   c. is central to God's plan
2. **Happy families are founded upon the teachings of Christ.**
3. **Mothers are responsible** *for nurturing their children***.**
   a. for nurturing their children
   b. for caring for their children
   c. for teaching their children
4. **Fathers are responsible to** *preside over the family***.**
   a. preside over the family
   b. provide for the family
   c. protect the family
5. **Families are spiritually strengthened** *by daily family prayer***.**
   a. by daily family prayer
   b. by family Home Evening
   c. by scripture study
   d. by wholesome recreational activities

1. **Qhov uas ib tug txiv neej thiab ib tug poj niam sib yuav nyob mus ib txhis** *yog ib qho uas Vajtswv pom zoo rau***.**
   a. yog ib qho uas Vajtswv pom zoo rau
   b. pab kom yus muaj yus tsev neeg tom qab sim neej no
   c. yog lub hauv paus ntawm Vajtswv txoj hau kev
2. **Tsev neeg uas zoo siab yeej muab Yexus Khetos cov lus qhia ua lawv lub hauv paus.**
3. **Cov niam tsev muaj kev lav ris** *saib xyuas lawv cov me nyuam***.**
   a. saib xyuas lawv cov me nyuam
   b. tsom kwm lawv cov me nyuam
   c. qhia lawv cov me nyuam
4. **Cov txiv tsev muaj kev lav ris** *coj lawv tsev neeg***.**
   a. coj lawv tsev neeg
   b. pub lawv tsev neeg noj
   c. pov hwm lawv tsev neeg
5. **Tej tsev neeg sab ntsuj plig yuav muaj zog thaum lawv** *thov Vajtswv ua ke txhua hnub***.**
   a. thov Vajtswv ua ke txhua hnub
   b. muaj tsev neeg hmo ua ke
   c. kawm vaj lug kub ua ke
   d. ua tej yam zoo thiab lom zem ua ke

to attack	tawm tsam	authorized	muaj cai
central	lub hauv paus	children	cov me nyuam
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
commandment	txoj lus txib	complete	tiav
covenant	txoj kev khi lus	to create	tsim
to enable	ua kom	to endure	nyiaj
equal	ib yam li	eternal	nyob mus ib txhis
eternally	nyob mus ib txhis	to experience (usually something bad)	raug
to experience (usually something good)	ntsib	family	tsev neeg
family home evening	tsev neeg hmo ua ke	father	tus txiv
fidelity	txoj kev nrog tus txij nkawm	gospel	txoj moo zoo
grave	lub qhov ntxa	happiness	txoj kev zoo siab
to have fun	muaj kev lom zem	heaven	saum ntuj ceeb tsheej
to honor	hawm	house (home)	lub tsev
husband	tus txiv	ideal	zoo tshaj plaws
Jesus Christ	Yexus Khetos	joy	txoj kev xyiv fab
to keep	khaws	life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej	to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej	to live (reside)	nyob

living	muaj txoj sia nyob	to love	hlub
man	tus txiv neej	marital	ntawm txoj kev sib yuav
marriage	txoj kev sib yuav	mother	tus niam
necessities	tej yam yuav tsum muaj	nurture	tu
ordained	tau tsa los	ordinance	txoj kab ke
parent	niam los sis txiv	partner	tus khub
people	cov neeg	plan	txoj hau kev
plan of happiness	txoj kev zoo siab	prayer	txoj kev thov Vajtswv
presiding (to preside)	coj	priesthood	lub pov thawj hwj
priority	tseem ceeb	protection	txoj kev pov hwm
relationship (getting along)	txoj kev sib raug zoo	relationship (how you're related)	sib txheeb li cas
responsibility	txoj kev lav ris	responsible	lav ris
righteous	ncaj ncees	sacred	dawb ceev
salvation	txoj kev cawm seej	sealed	sib khi
sealing	txoj kev cai sib khi	to strengthen	txhawb zog
to teach (preach)	qhia	temple	lub tuam tsev
time (as in one more ";time";)	zaus	time (general, ex: I have time)	lub sij hawm
to unite	sib koom	to use (general)	siv
vow	lo lus khi	wife	tus poj niam
woman	tus poj niam	worship (loud)	teev tiam
to worship (quiet)	pe hawm		

Temples and Family History

1. **We make sacred covenants in the temple.**
2. **In the temple we can be married for time and eternity.**
3. **To enter the temple, one must** *be a worthy member of the Church***.**
   a. be a worthy member of the Church
   b. be a member for at least one year
   c. receive a recommend from the bishop and stake president
4. **In the temple, members perform ordinances for those who have died.**
5. **Members do family history work to find out about their family.**

1. **Peb khi cov lus dawb ceev hauv lub tuam tsev.**
2. **Nyob hauv lub tuam tsev peb sib yuav tau rau lub neej no thiab rau lub neej nyob mus ib txhis.**
3. **Yus yuav tsum** *ua ib tug mej zeej tsim txiaj hauv lub Koom Txoos* **thiaj nkag tau hauv lub tuam tsev.**
   a. ua ib tug mej zeej tsim txiaj hauv lub Koom Txoos
   b. ua ib tug mej zeej tau ib xyoos
   c. txais ib daim ntawv tso cai nkag hauv lub tuam tsev los ntawm tus npis sov thiab ceg txheem ntseeg tus thawj tswj hwm
4. **Nyob hauv lub tuam tsev, cov mej zeej sawv cov neeg uas tau tso lub ntiaj teb no tseg cev ua tej kab ke.**
5. **Cov mej zeej ua hauj lwm nrhiav lawv tsev neeg zaj keeb puam thiab kawm txog lawv tsev neeg.**

ability	lub peev xwm	ancestor	tus poj koob yawm txwv
aware	paub txog	baptism	txoj kev cai raus dej
bishop	tus npis sov	blessing	txoj koob hmoov
calling	txoj kev hu	chart	daim ntawv qhia kev
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
couple	khub niam txiv	covenant	txoj kev khi lus
dead (more blunt)	tuag lawm	dead (more proper)	tas sim neej
deceased (blunt)	tas tuag lawm	deceased (proper)	tas sim neej lawm
to do (perform, act)	ua	endowed	tau vaj txiaj ntsim
endowment	lub vaj txiaj ntsim	eternity	mus ib txhis
everyone (flowery)	txhua leej txhua tus	everyone (general)	sawv daws
example (analogy)	qhov piv txwv	example (model)	tus yam ntxwv
faith	txoj kev ntseeg	family history	tsev neeg zaj keeb puam
forever	mus ib txhis	genealogy	txoj kev nrhiav caj ceg
gospel	txoj moo zoo	group	ib pawg
Jesus Christ	Yexus Khetos	kingdom	lub nceeg vaj
knowledge	txoj kev txawj ntse	leader	tus thawj coj
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
married	sib yuav lawm	meeting	lub rooj sab laj
member	tus mej zeej	membership	txoj kev ua ib tug mej zeej
mercy	txoj kev hlub tshua	message	zaj xov xwm
mortal	txawj tuag	name	lub npe
need	lub siab xav tau	opportunity	lub cib fim

ordinance	txoj kab ke	pedigree	daim ntawv qhia tsev neeg caj ceg
people	cov neeg	physical	sab cev nqaij daim tawv
possible	ua tau	power	lub hwj chim
priesthood	lub pov thawj hwj	publicly	ua tab meeg tib neeg
recommend	tso cai rau	record	phau ceev xwm txheej
relative	tus txheeb ze	responsibility	txoj kev lav ris
restored	tau muab txum tim rov qab los	sacred	dawb ceev
salvation	txoj kev cawm seej	saving	cawm
Savior	tus Cawm Seej	sealed	sib khi

Service

1. **When we give service to others, we are serving God.**

2. **We help others by giving of our** *time***.**
   a. time
   b. talents
   c. means

3. **A service position in the Church is often called a calling.**

4. **In the Church there is no professional clergy.**

5. **As we serve, we** *grow in faith***.**
   a. grow in faith
   b. develop new talents
   c. receive blessings

1. **Thaum peb ua hauj lwm pab luag tej, peb ua hauj lwm rau Vajtswv.**

2. **Peb pab luag tej thaum peb** *muab peb lub sij hawm* **rau lawv.**
   a. muab peb lub sij hawm
   b. siv peb tej txuj ci
   c. muab peb cov khoom

3. **Qhov uas yus pab hauv lub Koom Txoos feem ntau hu ua ib txoj hauj lwm.**

4. **Nyob hauv lub Koom Txoos tsis muaj cov xib hwb uas tau nyiaj.**

5. **Thaum peb pab luag tej, peb** *txoj kev ntseeg loj hlob tuaj***.**
   a. txoj kev ntseeg loj hlob tuaj
   b. kawm tej txuj ci tshiab
   c. txais koob hmoov

to accept	lees txais	to acknowledge	lees
to covenant	khi lus	to desire (strongly desire)	ntshaw
to desire (to want)	xav tau	to die (be dead, be killed)	tuag
to die (go to the end of your life)	tas sim neej	to do (perform, act)	ua
to enable	ua kom	to finish (complete, fulfill)	ua tiav
to follow (a path)	taug	to follow (behind)	lawv qab
to give (freely/intangibles)	pub	to give (in hand/tangibles)	muab
to grow	loj hlob	to learn	kawm
to love	hlub	to make (build, develope)	ua
to meet	ntsib	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	to provide	muab
to receive	txais	to search (look through)	tshawb
to serve (render service)	pab	service	txoj kev pab
set apart	tsa	spirit world	lub ntuj ntsuj plig
spiritual	sab ntsuj plig	to submit	muab rau
support	txoj kev txhawb nqa	sustained	pom zoo
talent	txuj ci	temple	lub tuam tsev
time (as in one more “;time”;)	zaus	time (general, ex: I have time)	lub sij hawm
together	ua ke	to understand	to taub
voluntary	pub dawb	work	txoj hauj lwm
world	lub ntiaj teb		

Teaching and Learning in the Church

1. **The Church is organized to** *perfect its members***.**
   a. perfect its members
   b. bless the lives of the members
   c. strengthen us spiritually

2. **The Church helps members to** *teach one another the Gospel***.**
   a. teach one another the Gospel
   b. fellowship and serve one another
   c. support one another

1. **Lub Koom Txoos raug txhim tsa kom** *pab cov mej zeej ua neeg zoo tag nrho***.**
   a. pab cov mej zeej ua neeg zoo tag nrho
   b. foom koob hmoov rau cov mej zeej hauv lawv lub neej
   c. ntxiv zog rau peb sab ntsuj plig

2. **Lub Koom Txoos pab cov mej zeej** *ib leeg qhia Txoj Moo Zoo rau ib leeg***.**
   a. ib leeg qhia Txoj Moo Zoo rau ib leeg
   b. ib leeg ua phooj ywg thiab pab ib leeg
   c. ib leeg txhawb nqa ib leeg

assignment	qhov txib mus ua	to bless	foom koob hmoov
called	raug hu	church (organization)	lub koom txoos
doctrine	cov lus qhuab qhia	family	tsev neeg
to fellowship (befriend)	ua phooj ywg	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	gospel	txoj moo zoo
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
material	phau ntawv	member	tus mej zeej
opportunity	lub cib fim	to organize	txhim tsa
to perfect	ua zoo tag nrho	to provide	muab
quest	txoj kev raug txib	salvation	txoj kev cawm seej
to serve (render service)	pab	to succeed	ua tau zoo
to support	txhawb nqa	to teach (preach)	qhia
teaching (doctrine)	tej lus qhia	teaching (method)	txoj kev qhia

Enduring to the End

1. **As we live the Gospel, we become more** *like Christ*.
   a. like Christ
   b. appreciative of the Atonement
   c. grateful for our blessings

2. **If we righteously endure to the end, we will receive eternal life.**

3. **Enduring to the end is a personal responsibility.**

1. **Thaum peb ua raws li Txoj Moo Zoo, peb** *rais los ua neeg zoo li Khetos*.
   a. rais los ua neeg zoo li Khetos
   b. haj yam muaj kev ris txiaj rau txoj Kev Theej Txhoj
   c. haj yam zoo siab rau peb cov koob hmoov

2. **Yog tias peb ua ncaj ncees nyiaj mus txog hnub kawg, peb yuav tau txoj sia nyob mus ib txhis.**

3. **Txoj kev nyiaj mus txog hnub kawg yog yus li ntiag tug hauj lwm.**

active	muaj siab nquag	to appreciate	ris txiaj
Atonement	txoj Kev Theej Txhoj	to continue (push forward)	thawb mus tom ntej
covenant	txoj kev khi lus	to endure	nyiaj
to enjoy (activities/experiences)	nyiam	eternal	nyob mus ib txhis
to exercise	siv zog	to experience (usually something bad)	raug
to experience (usually something good)	ntsib	faith	txoj kev ntseeg
family	tsev neeg	to find	nrhiav tau
gospel	txoj moo zoo	to grow closer	los nyob ze
guidance	txoj kev coj	heart (dealing with emotions)	lub siab
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	joy	txoj kev xyiv fab
life (breath/being alive)	txoj sia	life (experiences/actions)	lub neej
to live (lead your life)	ua neej	to love	hlub
love	txoj kev hlub	peace	txoj kev thaj yeeb nyab xeeb
personal	ntawm yus tus kheej	to receive	txais
to remain (stay)	nyob	to renew	rov ua dua tshiab
to repent	hloov siab lees txim	responsibility	txoj kev lav ris
salvation	txoj kev cawm seej	security	txoj kev tso siab
to serve (render service)	pab		

Ask Questions and Listen

Ask Appropriate Questions

1. **What are your thoughts about** *God*?
   a. God
   b. prophets
   c. families
2. **How do you feel about ...?**
3. **Do you believe in God and Jesus Christ?**
4. **From this passage, what can we learn about** *faith*?
   a. faith
   b. love
   c. forgiveness
5. **How did repentance affect** *Alma's ability to serve*?
   a. Alma's ability to serve
   b. Enos' love for the people
   c. Paul's missionary service
6. **What was the difference between the responses** *of Nephi and Laman*?
   a. of Nephi and Laman
   b. of Mary and Martha
   c. of the Levite and the Samaritan

1. **Koj xav li cas txog** *Vajtswv*?
   a. Vajtswv
   b. cov yaj saub
   c. tsev neeg
2. **Koj xav li cas txog …?**
3. **Koj puas ntseeg Vajtswv thiab Yexus Khetos?**
4. **Los ntawm zaj no, peb kawm dab tsi txog** *txoj kev ntseeg*?
   a. txoj kev ntseeg
   b. txoj kev hlub
   c. txoj kev zam txim
5. **Kev hloov siab lees txim ua li cas rau** *Amas txoj kev txawj pab tib neeg*?
   a. Amas txoj kev txawj pab tib neeg
   b. Enauj txoj kev hlub rau tib neeg
   c. Pov Lauj txoj kev ua tub txib
6. *Nifais thiab Lamas*, **ib tug tau ua txawv ib tug li cas?**
   a. Nifais thiab Lamas
   b. Maiv Liag thiab Mathas
   c. tus neeg Levis thiab tus neeg Xamalis

about	txog	to ask	noog
belief	txoj kev ntseeg	to believe	ntseeg
to feel	hnov	feeling	lub siab xav
to find out	kawm txog	how	li cas
how long	ntev li cas	how much (how many)	pes tsawg
how much (to what degree)	npaum li cas	how often	pes tsawg zaus
important	tseem ceeb	principle	lub ntsiab cai
question	lo lus noog	to think	xav
thought	txoj kev xav	to understand	to taub
what	dab tsi	when (answer)	thaum
when (question)	thaum twg	where	qhov twg
why	vim li cas		

Ensure Understanding

1. **Did I understand you correctly?**
2. **So, you feel that ... Is that right?**
3. **If I understand correctly, you feel that ....**

1. **Kuv puas to taub koj zoo?**
2. **Es, koj xav tias … Puas yog?**
3. **Yog kuv to taub zoo ces, koj xav tias ….**

to ask	noog	to believe	ntseeg
comment	hais txog	confused	ntxhov siab
to feel	hnov	to find out	kawm txog
question	lo lus noog	to think	xav
to understand	to taub		

Show Support, Interest, and Appreciation

1. **I have felt that way before myself.**
2. **I've had the same kinds of questions.**
3. **Many people have felt the way you do.**
4. **We understand how that could be difficult.**

1. **Kuv tau xav li ntawd thiab.**
2. **Kuv tau muaj tej lus noog zoo ib yam li ntawd thiab.**
3. **Muaj ntau tus neeg uas tau xav zoo tib yam li koj.**
4. **Wb to taub tias tej zaum qhov ntawd nyuaj.**

to appreciate	ris txiaj	to ask	noog
to believe	ntseeg	congratulations	zoo siab
to feel	hnov	feeling	lub siab xav
to find out	kawm txog	happy	kev zoo siab
interested	xav paub txog	to know	paub
question	lo lus noog		

Ask Additional Questions as Needed

1. **What has led you to believe that?**
2. **Why do you feel that way?**
3. **How can you find out for yourself?**
4. **Are you still confused about what we discussed?**

1. **Muaj xwm dab tsi koj thiaj ntseeg li ntawd?**
2. **Yog vim li cas koj xav li ntawd?**
3. **Koj yuav ua tau li cas thiaj kawm kom paub rau koj tus kheej?**
4. **Tej yam uas peb sib tham txog los koj puas tseem ntxhov siab txog dab tsi?**

about	txog	afraid (of something)	ntshai
afraid (scared)	poob siab	alone	tib leeg
anger (boiling mad)	npau taws	anger (upset, frustrated)	chim siab
to ask	noog	awful (terrible)	tsis zoo heev
bad	tsis zoo	to believe	ntseeg
blessing	txoj koob hmoov	calm	siab tus

clear (understandable)	meej	complex	nyuaj
confused	ntxhov siab	fear	txoj kev ntshai
to feel	hnov	to find out	kawm txog
happy	kev zoo siab	important	tseem ceeb
question	lo lus noog	simple (easy)	yooj yim
to think	xav	to understand	to taub

Conduct a Meeting

Welcome

1. **We welcome any visitors to our meeting.**
2. **Welcome.**
3. **We welcome you** *to Sunday School*.
   a. to Sunday School
   b. to Sacrament meeting
   c. to priesthood meeting

1. **Peb zoo siab tos txais nej cov uas tuaj xyuas peb txoj kev sib ntsib.**
2. **Nyob zoo.**
3. **Peb zoo siab tos txais nej** *rau lub Hoob Kawm Vaj Lug Kub*.
   a. rau lub Hoob Kawm Vaj Lug Kub
   b. rau kev sib ntsib txais lub Cim Nco Txog
   c. rau kev sib ntsib ntawm lub pov thawj hwj

meeting	lub rooj sab laj	prelude	zaj nkauj ua ntej pib kev sib ntsib
pulpit	lub sam thiaj	visitors	cov qhua
to welcome	tos txais		

Make Announcements

1. **We have the following announcements.**
2. **Our next meeting will be on ....**
3. **Next week, we will discuss** *the Atonement*.
   a. the Atonement
   b. fasting
   c. eternal families
4. **We will be having a ward activity on ....**

1. **Peb muaj cov lus tshaj tawm no.**
2. **Peb txoj kev sib ntsib yav tom ntej yuav muaj thaum ….**
3. **Lub lim tiam tom ntej no, peb yuav sib tham txog** *txoj Kev Theej Txhoj*.
   a. txoj Kev Theej Txhoj
   b. kev cai yoo mov
   c. tsev neeg uas nyob mus ib txhis
4. **Peb pawg ntseeg yuav muaj ib yam kev ua si thaum ….**

activity	yam ntxim saib ntxim ua	to announce	tshaj tawm
announcements	txoj kev tshaj tawm	choir	pawg hu nkauj
congregation	pawg ntseeg	meeting	lub rooj sab laj
week	lub lim tiam		

Announce the Opening Hymn

1. **The opening hymn will be number ....**
2. **To begin our meeting, we'll sing hymn number ....**

1. **Zaj nkauj qhuas Vajtswv qhib yog naj npawb ….**
2. **Los qhib peb txoj kev sib ntsib, peb yuav hu zaj nkauj naj npawb ….**

to begin (start)	pib	chorister	tus coj nkauj
hymn	zaj nkauj qhuas Vajtswv	to lead (guide, direct)	coj
meeting	lub rooj sab laj	music	zaj nkauj
organist	tus ntaus organ	pianist	tus ntaus piano
to sing	hu nkauj		

Announce the Opening Prayer

1. **Sister ... will offer the opening prayer.**
2. **The opening prayer will be offered by Brother ....**

1. **Muam … yuav thov Vajtswv qhib.**
2. **Tij Laug …. yuav thov Vajtswv qhib.**

Brother	Tij Laug	Elder	Txwj Laug
to offer	pub	opening	qhib
prayer	txoj kev thov Vajtswv	Sister	Muam

Announce the Speakers

1. **Our concluding speaker will be Sister ....**
2. **Brother ... will be our first speaker.**
3. **Our next speaker will be Sister ....**

1. **Tus hais lus kawg yog Muam ….**
2. **Tij Laug … yog thawj tug hais lus rau peb.**
3. **Tom qab ntawd, Muam …. yuav hais lus rau peb.**

after (following, behind)	tom qab	bishop	tus npis sov
Brother	Tij Laug	Elder	Txwj Laug
following	lawv qab	last	qhov kawg
next	tom ntej no	president	tus thawj tswj hwm
Sister	Muam	to speak	hais lus
speaker	tus hais lus		

Thank Participants

1. **We would like to thank the speakers.**
2. **We would like to thank all those who participated today.**

1. **Peb xav ua tsaug rau txhua tus uas hais lus rau peb.**
2. **Peb xav ua tsaug rau txhua tus uas tau pab nyob hauv kev sib ntsib no.**

Brother	Tij Laug	Elder	Txwj Laug
to participate	koom	president	tus thawj tswj hwm
Sister	Muam	to speak	hais lus
speaker	tus hais lus	to thank	ua tsaug

Announce the Closing Hymn

1. **The closing hymn will be number ....**
2. **To close our meeting, we'll sing hymn number ....**

1. **Zaj nkauj qhuas Vajtswv xaus yog naj npawb ….**
2. **Los kaw peb txoj kev sib ntsib, peb yuav hu zaj nkauj naj npawb ….**

chorister	tus coj nkauj	to close (a speech, bring to a close)	xaus
hymn	zaj nkauj qhuas Vajtswv	to lead (guide, direct)	coj
meeting	lub rooj sab laj	music	zaj nkauj
organist	tus ntaus organ	pianist	tus ntaus piano
to sing	hu nkauj		

Announce the Closing Prayer

1. **Brother ... will offer the closing prayer.**
2. **The closing prayer will be offered by Sister ....**

1. **Tij Laug …. yuav thov Vajtswv kaw.**
2. **Ces Muam …. yuav thov Vajtswv kaw.**

Brother	Tij Laug	Elder	Txwj Laug
to offer	pub	Sister	Muam

Explain Priesthood Ordinances

Tell What the Ordinance Is and State Its Purpose

1. **An ordinance is a holy act.**
2. **Ordinances must be performed under proper authority.**
3. **Baptism by water is a symbol of the** *Savior's resurrection***.**
   a. Savior's resurrection
   b. Savior's death, burial and resurrection
   c. end of our old life
   d. beginning of our new life
4. **By participating in this ordinance, we promise to** *keep the commandments***.**
   a. keep the commandments
   b. always remember Christ
   c. take upon us Christ's name
5. **God in turn promises to** *bless us***.**
   a. bless us
   b. send His Spirit
   c. protect us
6. **This ordinance allows us to** *be spiritually reborn***.**
   a. be spiritually reborn
   b. become a member of God's church
   c. be cleansed of our sins
7. **Through the gift of the Holy Ghost we can receive** *comfort***.**
   a. comfort
   b. guidance
   c. strength
   d. a testimony
   e. knowledge
8. **Baptism and confirmation are necessary for our salvation.**

1. **Ib txoj kab ke yog ib qho dawb huv.**
2. **Yus yuav tsum muaj cai thiaj ua tau cov kab ke.**
3. **Txoj kev cai raus dej yog ib qho piv txwv ntawm** *tus Cawm Seej txoj kev sawv hauv qhov tuag rov qab los***.**
   a. tus Cawm Seej txoj kev sawv hauv qhov tuag rov qab los
   b. tus Cawm Seej txoj kev tuag, kev faus thiab kev sawv hauv qhov tuag rov qab los
   c. peb lub neej qub tas lawm
   d. peb lub neej tshiab pib lawm
4. **Thaum peb ua txoj kab ke no, peb cog lus tias peb yuav** *ua raws li cov lus txib***.**
   a. ua raws li cov lus txib
   b. nco ntsoov Khetos txhua lub sij hawm
   c. ris Khetos lub npe
5. **Vajtswv cog lus tias Nws yuav** *foom koob hmoov rau peb***.**
   a. foom koob hmoov rau peb
   b. xa Nws tus Ntsuj Plig los
   c. pov hwm peb
6. **Txoj kab ke no ua rau peb** *sab ntsuj plig yug dua tshiab***.**
   a. sab ntsuj plig yug dua tshiab
   b. ua ib tug mej zeej hauv Vajtswv lub koom txoos
   c. tej kev txhaum raug ntxuav mus
7. **Los ntawm lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv peb txais tau** *kev nplij siab***.**
   a. kev nplij siab
   b. kev coj
   c. lub zog
   d. ib zag lus tim khawv
   e. kev paub
8. **Yuav tsum muaj kev cai raus dej thiab kev pom zoo kom cawm tau peb.**

anointing	txoj kev pleev roj	baptism	txoj kev cai raus dej
blessing	txoj koob hmoov	comfort	txoj kev nplij siab
confirmation	txoj kev pom zoo	counsel	cov lus qhuab ntuas
gift of the Holy Ghost	lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv	guidance	txoj kev coj

Explain What Happens During Baptism

1. **In the water, the priesthood holder will** *pronounce your full name***.**
   a. pronounce your full name
   b. hold your right wrist with his left hand
   c. immerse you in the water
2. **In the water, you will** *plug your nose with your right hand***.**
   a. plug your nose with your right hand
   b. hold his left wrist with your left hand
   c. put your right wrist in his left hand
3. **During the ordinance, you will** *bend your knees***.**
   a. bend your knees
   b. plug your nose with your right hand
   c. lay back into the water
4. **When you are baptized, you will** *wear white clothing***.**
   a. wear white clothing
   b. go completely under the water
   c. be with a priesthood holder

1. **Nyob hauv dej, tus uas tuav lub pov thawj hwj yuav** *hais koj lub npe thiab koj lub xeem huv tib si***.**
   a. hais koj lub npe thiab koj lub xeem huv tib si
   b. siv nws sab tes laug tuav koj sab dab teg xis
   c. muab koj raus rau hauv dej
2. **Nyob hauv dej, koj yuav tsum** *siv koj sab tes xis pos qhov ntswg***.**
   a. siv koj sab tes xis pos qhov ntswg
   b. muab koj sab tes laug tuav nws dab teg laug
   c. muab koj dab teg xis tso rau nws sab tes laug
3. **Thaum ua txoj kab ke no, koj yuav** *qhau koj ob lub hauv caug***.**
   a. qhau koj ob lub hauv caug
   b. siv koj sab tes xis pos qhov ntswg
   c. pw rau hauv cov dej
4. **Thaum koj ua kev cai raus dej, koj yuav** *hnav khaub ncaws dawb***.**
   a. hnav khaub ncaws dawb
   b. raus rau hauv dej tib si
   c. nrog ib tug uas tuav lub pov thawj hwj ua

arm	txhais caj npab	to bend	caws
full name	lub npe tag nrho	to hold	tuav
to immerse	raus	knees	ob lub hauv caug
nose	lub qhov ntswg	to plug	pos
prayer	txoj kev thov Vajtswv	priesthood holder	tus tuav lub pov thawj hwj
to stand	sawv	water	dej
wrist	lub dab teg		

Explain What Happens During Confirmation

1. **Worthy priesthood holders will** *lay their hands on your head***.**
   a. lay their hands on your head
   b. confirm you a member of the Church
   c. confer the gift of the Holy Ghost
   d. give you a blessing

1. **Cov neeg tsim txiaj uas tuav lub pov thawj hwj yuav** *tso lawv tes saum koj taub hau***.**
   a. tso lawv tes saum koj taub hau
   b. muab koj tsa los ua ib tug mej zeej hauv lub Koom Txoos
   c. muab lub txiaj ntsim Vaj Ntsuj Pllg Dawb Huv rau koj
   d. muab ib txoj koob hmoov rau koj

blessing	txoj koob hmoov	to confirm	pom zoo
full name	lub npe tag nrho	gift of the Holy Ghost	lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv
to give (freely/intangibles)	pub	hand	txhais tes
head	lub taub hau	to place	tso
priesthood holder	tus tuav lub pov thawj hwj	to receive	txais

Explain What Happens During the Blessing of the Sick

1. **The blessing of the sick has two parts.**
2. **During the anointing, a priesthood holder will** *put consecrated oil on your head***.**
   a. put consecrated oil on your head
   b. lay his hands on your head
   c. offer a brief prayer
3. **After the anointing, one or more priesthood holders will** *lay their hands on your head***.**
   a. lay their hands on your head
   b. state your name
   c. state their authority
   d. seal and confirm the anointing
   e. pronounce a blessing

1. **Txoj kev foom koob hmoov rau tus neeg mob muaj ob feem.**
2. **Thaum ua kev pleev roj, ib tug uas tuav lub pov thawj hwj yuav** *pleev cov roj uas tau muab tshwj tseg rau saum koj taub hau***.**
   a. pleev cov roj uas tau muab tshwj tseg rau saum koj taub hau
   b. tso nws ob txhais tes saum koj lub taub hau
   c. thov Vajtswv ib me pliag
3. **Tom qab kev pleev roj no, ib tug los sis ob peb tug uas tuav lub pov thawj hwj yuav** *tso lawv tes saum koj taub hau***.**
   a. tso lawv tes saum koj taub hau
   b. hais koj lub npe
   c. hais tias lawv muaj txoj cai
   d. khi thiab pom zoo rau kev pleev roj
   e. foom ib txoj koob hmoov

to anoint	pleev roj	anointing	txoj kev pleev roj
blessing	txoj koob hmoov	comfort	txoj kev nplij siab
to confirm	pom zoo	counsel	cov lus qhuab ntuas
full name	lub npe tag nrho	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	hand	txhais tes
head	lub taub hau	health	txoj kev noj qab nyob zoo
oil	cov roj	to place	tso
prayer	txoj kev thov Vajtswv	priesthood holder	tus tuav lub pov thawj hwj
to seal	khi		

Ask How Someone Feels about the Ordinance or if They Have Any Questions

1. **Do you have questions about this ordinance?**
2. **How do you feel about the procedure of baptism and confirmation?**

1. **Koj puas muaj lus noog txog txoj kab ke no?**
2. **Koj xav li cas txog txoj kev ua kev cai raus dej thiab kev pom zoo?**

about	txog	blessing	txoj koob hmoov
to feel	hnov	importance	tseem ceeb
question	lo lus noog	to receive	txais
to think	xav		

Extend Commitment Invitations

Explain the Importance of Keeping Commitments

1. **God gives us commandments to** *protect us*.
   a. protect us
   b. guide us
   c. help us be happy
2. **God blesses us when we keep His commandments.**
3. **By obeying God's commandments, we** *show our love for Him*.
   a. show our love for Him
   b. become worthy of the Spirit
   c. come closer to Him

1. **Vajtswv muab cov lus txib rau peb kom pab** *pov hwm peb*.
   a. pov hwm peb
   b. coj tau peb
   c. pab peb zoo siab
2. **Vajtswv foom koob hmoov rau peb thaum peb ua raws li Nws cov lus txib.**
3. **Thaum peb ua raws li Vajtswv cov lus txib, peb** *ua rau Nws pom tias peb hlub Nws*.
   a. ua rau Nws pom tias peb hlub Nws
   b. tsim txiaj muaj tus Ntsuj Plig nrog peb nyob
   c. los nyob ze dua Nws

to bless	foom koob hmoov	blessing	txoj koob hmoov
commandment	txoj lus txib	commitment	lo lus cog tseg
covenant	txoj kev khi lus	important	tseem ceeb
to keep	khaws	love	txoj kev hlub
principle	lub ntsiab cai	to promise	cog lus
to receive	txais	to sacrifice	txi
willing	kam		

Extend an Invitation

1. **Will you** *be baptized*?
   a. be baptized
   b. keep the Word of Wisdom
   c. live the law of tithing
2. **Will you pray to God** *to see if the Book of Mormon is true*?
   a. to see if the Book of Mormon is true
   b. about Joseph Smith
   c. about our message
3. **Will you be baptized and confirmed on ...?**
4. **Will you prepare yourself for baptism and confirmation?**

1. **Koj puas kam** *ua kev cai raus dej*?
   a. ua kev cai raus dej
   b. ua raws li Lo Lus Txawj Ntse
   c. ua raws li txoj kev cai them ib feem kaum
2. **Koj puas kam thov Vajtswv** *seb Phau Ntawv Maumoos puas muaj tseeb*?
   a. seb Phau Ntawv Maumoos puas muaj tseeb
   b. txog Yauxej Xamiv
   c. txog peb zaj xov xwm
3. **Koj puas kam ua kev cai raus dej thiab txais kev pom zoo thaum …?**
4. **Koj puas kam npaj ua kev cai raus dej thiab txais kev pom zoo?**

to ask	noog	to attend	mus koom
to baptize	muab ua kev cai raus dej	to begin (start)	pib
to commit (an act)	ua	to commit (committment)	cog lus
daily	niaj hnub	evening	yav tsaus ntuj
to extend	ncav	to invite	thov caw

to keep	khaws	now	nim no
to pray	thov Vajtswv	to read	nyeem
to stop (an action)	tsum	to stop (movement)	nres
today	hnub no		

If Necessary, Summarize What Someone Is to Do and When

1. **Before our next visit will you** *read the assigned passages***?**
   a. read the assigned passages
   b. pray about the Book of Mormon
   c. have family prayer
2. **In order to be baptized you need to** *stop smoking***.**
   a. stop smoking
   b. attend church regularly
   c. continue living the law of chastity

1. **Ua ntej wb rov qab tuaj, koj puas kam** *nyeem tej zaj lus uas tau qhia rau koj***?**
   a. nyeem tej zaj lus uas tau qhia rau koj
   b. thov Vajtswv txog Phau Ntawv Maumoos
   c. thov Vajtswv ua ke
2. **Yog tias koj xav ua kev cai raus dej, koj yuav tsum** *txiav txoj kev haus luam yeeb***.**
   a. txiav txoj kev haus luam yeeb
   b. tuaj tshawj txhua Hnub Caiv
   c. ua raws li txoj kev cai coj dawb huv

to ask	noog	to attend	mus koom
to commit (an act)	ua	to commit (committment)	cog lus
to continue (in developing the habit)	ua ntxiv mus	to make sure	ua kom tseeb
to pray	thov Vajtswv	question	lo lus noog
to read	nyeem	to stop (an action)	tsum
to understand	to taub		

Promise Blessings for Keeping Commitments

1. **Your family will be strengthened as you** *accept the gospel***.**
   a. accept the gospel
   b. study the scriptures together
   c. have family home evening
2. **By living this law your faith will increase.**
3. **I know that God will bless you for** *your efforts***.**
   a. your efforts
   b. your faith to repent
   c. your courage
4. **Keeping these commitments will bring you** *confidence***.**
   a. confidence
   b. blessings
   c. strength

1. **Koj tsev neeg yuav tau zog thaum nej** *lees txais txoj moo zoo***.**
   a. lees txais txoj moo zoo
   b. kawm vaj lug kub ua ke
   c. muaj tsev neeg hmo ua ke
2. **Koj txoj kev ntseeg yuav loj tuaj thaum koj ua raws li txoj kev cai no.**
3. **Kuv paub tias Vajtswv yuav foom koob hmoov rau koj vim** *koj tej hauj lwm***.**
   a. koj tej hauj lwm
   b. koj muaj kev ntseeg los hloov siab lees txim
   c. koj ua siab loj
4. **Thaum koj yuav ua raws li cov lus cog tseg no koj yuav muaj** *kev cia siab***.**
   a. kev cia siab
   b. koob hmoov
   c. zog

to bless	foom koob hmoov	blessing	txoj koob hmoov
confidence	txoj kev cia siab	faith	txoj kev ntseeg
family	tsev neeg	guidance	txoj kev coj
health	txoj kev noj qab nyob zoo	inspiration	txoj kev tshoov siab
to overcome (conquer, triumph)	kov yeej	peace	txoj kev thaj yeeb nyab xeeb
to promise	cog lus	to receive	txais
strength	lub zog	to strengthen	txhawb zog
testimony	zaj lus tim khawv		

Provide Encouragement and Support, if Appropriate

1. **How can we help you to** *prepare for baptism***?**
   a. prepare for baptism
   b. read the Book of Mormon
   c. come to church
2. **What can we do to help you?**

1. **Peb yuav ua li cas thiaj pab tau koj** *npaj los ua kev cai raus dej***?**
   a. npaj los ua kev cai raus dej
   b. nyeem Phau Ntawv Maumoos
   c. tuaj tshawj
2. **Peb yuav ua li cas thiaj pab tau koj?**

to call	hu	to come by (a familiar place)	los xyuas
to come by (an unfamiliar place)	tuaj xyuas	to feel	hnov
help	txoj kev pab	to know	paub
to obey (do according to)	ua raws li	to obey (listen to)	mloog lus
to pray	thov Vajtswv	to see	pom
to trust in (rely on)	cia siab rau		

Make Plans to Follow up

1. **We would like to come by to** *see how you are doing***.**
   a. see how you are doing
   b. answer any questions
   c. follow up with you
2. **When would be a good time to come by?**
3. **We will come by tomorrow to see how you did.**

1. **Wb xav tuaj xyuas koj** *seb koj nyob li cas***?**
   a. seb koj nyob li cas
   b. teb koj cov lus noog
   c. rov qab nrog koj sib tham
2. **Thaum twg yog lub sij hawm zoo tuaj xyuas koj?**
3. **Wb yuav tuaj tag kis seb koj ua li cas.**

to ask	noog	to call	hu
to come by (a familiar place)	los xyuas	to come by (an unfamiliar place)	tuaj xyuas
commitment	lo lus cog tseg	to discuss	sib tham txog
to find out	kawm txog	time (as in one more “;time”;)	zaus
time (general, ex: I have time)	lub sij hawm	what	dab tsi
when (answer)	thaum	when (question)	thaum twg

Follow up on Commitments

Find out to What Extent Someone Fulfilled the Commitment

1. **Did you pray about** *the prophet Joseph Smith*?
   a. the prophet Joseph Smith
   b. the Book of Mormon
   c. our message
2. **Did you begin reading the Book of Mormon?**
3. **What did you read in the Book of Mormon?**

1. **Koj puas tau thov Vajtswv txog** *tus yaj saub Yauxej Xamiv*?
   a. tus yaj saub Yauxej Xamiv
   b. Phau Ntawv Maumoos
   c. peb zaj xov xwm
2. **Koj puas tau pib nyeem Phau Ntawv Maumoos?**
3. **Koj tau nyeem dab tsi hauv Phau Ntawv Maumoos?**

to ask	noog	to begin (start)	pib
commitment	lo lus cog tseg	to keep	khaws
to live (lead your life)	ua neej	to pray	thov Vajtswv
to read	nyeem		

Compliment Someone's Effort or Success

1. **Congratulations!**
2. **It's great that you were able to do that much.**
3. **That's wonderful!**

1. **Zoo siab!**
2. **Koj ua tau npaum li ntawd mas zoo heev.**
3. **Zoo kawg!**

congratulations	zoo siab	excellent	zoo heev
great	zoo kawg	wonderful	zoo kawg nkaus

Ask How the Experience Went

1. **How did you feel as you** *prayed*?
   a. prayed
   b. studied the Book of Mormon
   c. attended church
2. **Tell me about your experience with** *prayer*.
   a. prayer
   b. fasting
   c. paying tithing
   d. the Word of Wisdom

1. **Koj xav li cas thaum koj** *thov Vajtswv*?
   a. thov Vajtswv
   b. kawm Phau Ntawv Maumoos
   c. mus tshawj
2. **Qhia kuv tau muaj li cas thaum koj** *thov Vajtswv*.
   a. thov Vajtswv
   b. yoo mov
   c. them ib feem kaum
   d. ua raws li Lo Lus Txawj Ntse

commandment	txoj lus txib	commitment	lo lus cog tseg
disappointed	tu siab	to experience (usually something bad)	raug
to experience (usually something good)	ntsib	to feel	hnov
to hope (wish)	cia siab	to keep	khaws
to miss (long for)	nco	opportunity	lub cib fim
sad	tu siab	to understand	to taub

If Commitment Was Not Kept, Express Concern and Disappointment

1. **We're sorry to hear that you had a difficult time.**
2. **It's too bad that you couldn't** *read the Book of Mormon***.**
   a. read the Book of Mormon
   b. pray to Heavenly Father
   c. attend church
3. **We want you to do this, so you can** *receive the blessings of the Gospel***.**
   a. receive the blessings of the Gospel
   b. find out how much the Lord loves you
   c. receive answers to your questions

1. **Wb tu siab hnov hais tias koj tau muaj kev nyuaj.**
2. **Tu siab uas koj tsis tau** *nyeem Phau Ntawv Maumoos***.**
   a. nyeem Phau Ntawv Maumoos
   b. thov Leej Txiv Saum Ntuj Ceeb Tsheej
   c. mus tshawj
3. **Peb xav kom koj ua li no xwv kom koj thiaj li** *txais tau Txoj Moo Zoo cov koob hmoov***.**
   a. txais tau Txoj Moo Zoo cov koob hmoov
   b. yuav paub tus Tswv hlub koj npaum li cas
   c. txais tau lus teb rau koj cov lus noog

If Commitment Was Not Kept, Find out Why

1. **What kept you from** *praying***?**
   a. praying
   b. going to church
   c. reading the Book of Mormon
2. **What was difficult about it for you?**
3. **Why weren't you able to** *pray***?**
   a. pray
   b. read those passages
   c. come to church

1. **Muaj dab tsi ua rau koj** *thov tsis tau Vajtswv***?**
   a. thov tsis tau Vajtswv
   b. mus tsis tau tshawj
   c. nyeem tsis tau Phau Ntawv Maumoos
2. **Vim li cas nws nyuaj heev rau koj?**
3. **Vim li cas koj tsis tau** *thov Vajtswv***?**
   a. thov Vajtswv
   b. nyeem tej zaj lus ntawd
   c. tuaj tshawj

to begin (start)	pib	commitment	lo lus cog tseg
doubt	xyem xyav	to feel	hnov
hard (difficult)	nyuaj	to keep	khaws
problem	qhov teeb meem	question	lo lus noog
to stop (an action)	tsum		

If Necessary, Adjust the Commitment or Give the Original Invitation Again

1. **Maybe you could start by** *praying before you read***.**
   a. praying before you read
   b. reading a chapter every day
   c. praying for strength to quit smoking
2. **Will you recommit to** *pray for an answer***?**
   a. pray for an answer
   b. read the Book of Mormon
   c. live the Word of Wisdom

1. **Tej zaum yuav zoo dua yog koj** *thov Vajtswv tso ces koj mam li nyeem***.**
   a. thov Vajtswv tso ces koj mam li nyeem
   b. nyeem tau ib tshooj txhua hnub
   c. thov Vajtswv tau kom muaj zog los txaus txiav luam yeeb
2. **Koj puas kam rov qab cog lus tias koj yuav** *thov Vajtswv kom tau lus teb***?**
   a. thov Vajtswv kom tau lus teb
   b. nyeem Phau Ntawv Maumoos
   c. ua raws li Lo Lus Txawj Ntse

3. **Will you try again to** *pray and ask God*?
   a. pray and ask God
   b. get an answer
   c. stop smoking

3. **Koj puas kam rov qab sim** *thov Vajtswv*?
   a. thov Vajtswv
   b. tau lus teb
   c. txiav luam yeeb

to change (alter)	hloov	to change (switch)	pauv
commitment	lo lus cog tseg	faith	txoj kev ntseeg
to recommit	rov qab cog lus	strength	lub zog
suggestion	ib lub tswv yim		

Provide Encouragement and Support

1. **The Lord promises to help us if we** *ask Him*.
   a. ask Him
   b. do our part
   c. work hard

2. **We know that the Lord will** *strengthen you*.
   a. strengthen you
   b. give you peace
   c. help you

3. **We know you can do it.**

4. **How can we help you?**

1. **Tus Tswv cog lus tias Nws yuav pab peb yog peb** *thov Nws*.
   a. thov Nws
   b. ua tej yam peb ua tau
   c. rau siab ua hauj lwm

2. **Wb paub tias tus Tswv yuav** *ntxiv zog rau koj*.
   a. ntxiv zog rau koj
   b. muab kev thaj yeeb nyab xeeb rau koj
   c. pab koj

3. **Wb paub tias koj ua tau.**

4. **Wb pab tau koj li cas?**

to bless	foom koob hmoov	to call	hu
to come by (a familiar place)	los xyuas	faith	txoj kev ntseeg
to feel	hnov	help	txoj kev pab
to know	paub	to obey (do according to)	ua raws li
to obey (listen to)	mloog lus	peace	txoj kev thaj yeeb nyab xeeb
to pray	thov Vajtswv	to promise	cog lus
to receive	txais	Spirit	tus Ntsuj Plig
strength	lub zog	to strengthen	txhawb zog
testimony	zaj lus tim khawv	to trust in (rely on)	cia siab rau

Get to Know Someone

Ask about Someone's Hometown

1. **How long have you lived here?**
2. **Where are you from?**
3. **Where are you from originally?**
4. **Where did you grow up?**

1. **Koj nyob hauv no ntev li cas?**
2. **Koj tuaj qhov twg tuaj?**
3. **Koj tuaj lub teb chaws twg tuaj?**
4. **Koj loj hlob nyob rau qhov twg?**

big	loj	city	lub nroog
countryside	ntug zos	from	los ntawm
here	ntawm no	hometown	lub zos
to live (reside)	nyob	small	me
there	ntawd	town	lub zos

Tell about Your Hometown

1. **I am from ....**
2. **I grew up in ....**
3. **I was born in ....**
4. **My family lives in ....**

1. **Kuv tuaj …. tuaj.**
2. **Kuv loj hlob nyob rau ….**
3. **Kuv yug hauv ….**
4. **Kuv tsev neeg nyob ….**

big	loj	born	yug los
city	lub nroog	countryside	ntug zos
from	los ntawm	to grow up	loj hlob tuaj
hometown	lub zos	to live (reside)	nyob
raised	tu lawm	small	me
town	lub zos		

Ask about Someone's Family

1. **How many** *brothers* **do you have?**
   a. brothers
   b. children
   c. grandchildren
2. **How many people are there in your family?**

1. **Koj muaj pes tsawg tus** *kwv tij***?**
   a. kwv tij
   b. tus me nyuam
   c. tus me nyuam xeeb ntxwv
2. **Muaj pes tsawg tus nyob hauv koj tsev neeg?**

brother (as called by a female)	tus nus	daughter	tus ntxhais
family	tsev neeg	father	tus txiv
husband	tus txiv	married	sib yuav lawm

mother	tus niam	older brother (as called by a male)	tus tij laug
sister (as called by female)	tus viv ncaus	sister (as called by male)	tus muam
son	tus tub	spouse	tus txij nkaum
wife	tus poj niam	younger brother (as called by a male)	tus kwv

Tell about Your Family

1. **I come from a big family.**
2. **I come from a family of ....**
3. **I have ... brothers and ... sisters.**

1. **Kuv muaj ib tsev neeg loj.**
2. **Kuv tsev neeg muaj….**
3. **Kuv muaj … tus kwv tij thiab …. tus muam.**

big	loj	brother (as called by a female)	tus nus
brother–in–law (sister's husband)	tus yawm yij	child	tus me nyuam
children	cov me nyuam	daughter	tus ntxhais
family	tsev neeg	father	tus txiv
mother	tus niam	nephew	tus tij laug tus tub
niece	tus tij laug tus ntxhais	older	hlob
older brother (as called by a male)	tus tij laug	sister (as called by female)	tus viv ncaus
sister (as called by male)	tus muam	sister–in–law (as called by female)	tus nyab
sister–in–law (older brothers wife/as called by male)	tus niam tij	sister–in–law (younger brothers wife/as called by male)	tus niam ntxawm
small	me	son	tus tub
there is (there are)	muaj	younger	yaus
younger brother (as called by a male)	tus kwv		

Ask about Someone's Work and School

1. **How long have you worked there?**
2. **What are you studying?**
3. **Where are you going to school?**
4. **Where do you work?**

1. **Koj ua hauj lwm nyob ntawd ntev li cas?**
2. **Koj kawm dab tsi?**
3. **Koj kawm ntawv qhov twg?**
4. **Koj ua hauj lwm qhov twg?**

college (university)	lub tsev kawm ntawv qib siab	company	lub tsev hauj lwm
full–time	puv sij hawm	to like	nyiam
major	tseem ceeb heev	part–time	ib nrab sij hawm
school	lub tsev kawm ntawv	student	tus kawm
to study	kawm	to work	ua hauj lwm

Tell about Your Work and School

1. **After my mission I would like to** *get a job*.
   a. get a job
   b. go back to school
   c. serve in the military
2. **Before coming on my mission, I** *lived with my parents*.
   a. lived with my parents
   b. went to school
   c. worked full time
3. **Before my mission, I studied ....**

1. **Tom qab kuv ua tub txib tas kuv xav** *ua hauj lwm*.
   a. ua hauj lwm
   b. rov qab mus kawm ntawv
   c. ua tub rog
2. **Ua ntej kuv ua tub txib, kuv** *nrog kuv niam txiv nyob*.
   a. nrog kuv niam txiv nyob
   b. mus kawm ntawv
   c. ua hauj lwm puv sij hawm
3. **Ua ntej kuv tuaj ua tub txib, kuv kawm ….**

to attend	mus koom	to become	rais los ua
before	ua ntej	college (university)	lub tsev kawm ntawv qib siab
to come (to a familiar/close place)	los	to come (to an unfamiliar/far-away place)	tuaj
company	lub tsev hauj lwm	full–time	puv sij hawm
mission (period of being a missionary)	txoj kev ua tub txib	missionary (messenger)	tus tub txib
part–time	ib nrab sij hawm	student	tus kawm
to study	kawm	to work	ua hauj lwm

Ask about Someone's Interests

1. **What are your hobbies?**
2. **What do you do in your free time?**
3. **What do you like to do?**

1. **Koj nyiam ua dab tsi?**
2. **Koj ua dab tsi thaum koj khoom?**
3. **Koj nyiam ua dab tsi?**

to enjoy (activities/experiences)	nyiam	to enjoy (food/places)	xis
favorite	nyiam tshaj	free time	khoom
hobby	yam yus nyiam ua	interested	xav paub txog
to like	nyiam	to play	ua si

Tell about Your Interests

1. **I also like** *camping*.
   a. camping
   b. running
   c. traveling
2. **I like to play** *basketball*.
   a. basketball
   b. computer games
   c. football

1. **Kuv kuj nyiam** *pw hav zoov* **thiab.**
   a. pw hav zoov
   b. khiav
   c. mus ub mus no
2. **Kuv nyiam** *pov npas*.
   a. pov npas
   b. ua si hauv koos phis tawj
   c. ncaws npas

3. **In my free time I like to** *listen to music*.
   a. listen to music
   b. play sports
   c. read

3. **Thaum kuv khoom kuv nyiam** *mloog nkauj*.
   a. mloog nkauj
   b. ua si
   c. nyeem ntawv

ballet	dhia piav tes taw	baseball (softball)	ntaus npas
basketball	pov npas	camping	pw hav zoov
computer games	ua si koos pib tawj	to enjoy (activities/experiences)	nyiam
to enjoy (food/places)	xis	football (not American)	ncaws npas
free time	khoom	to like	nyiam
to play (an instrument–drum, guitar, or piano)	ntaus	to play (an instrument–horn, etc)	tshuab
to travel	ncig teb chaws		

Give Directions

Explain Where a Place Is Located

1. **It's right next to the ....**
2. **It's across the street from the ....**

1. **Nyob ib sab ntawm ….**
2. **Nws nyob sab kev sab tid ntawm....**

across	sab tim	address	tus qhov chaw nyob
after (following, behind)	tom qab	at (just over there)	tom
at (this place)	ntawm	at (way over there)	sab tim
to be (located)	nyob	between	nruab nrab ntawm
block	lub nplov	bottom	qab
building	lub tsev loj	close	ze
downstairs	theem hauv qab	east	sab hnub tuaj
far	deb	from	los ntawm
in front of	tom hauv ntej	inside	hauv
left (direction)	sab laug	mile	mais
next to	nyob ib sab	north	sab qaum teb
right (opposite of left)	sab xis	side	sab
south	sab qab teb	stoplight (traffic light)	lub teeb liab
store	lub khw muag khoom	street (avenue)	txoj kev
top	sab saud	west (direction)	sab hnub poob

Explain How to Get Somewhere

1. **Go straight.**
2. **After the next stoplight,** *turn left***.**
   a. turn left
   b. turn right
   c. go straight
3. **Keep going until you reach** *the intersection***.**
   a. the intersection
   b. the station
   c. the corner
4. **Follow the road to the** *square***.**
   a. square
   b. freeway
5. **Get off** *at the station***.**
   a. at the station
   b. at the last stop
   c. at the next stop
6. **Get on the** *bus***.**
   a. bus
   b. train

1. **Ncaj qha mus.**
2. **Tom qab lub teeb liab,** *lem sab laug***.**
   a. lem sab laug
   b. lem sab xis
   c. Ncaj qha mus.
3. **Ncaj qha mus mus txog** *txoj kev sib tshuam***.**
   a. txoj kev sib tshuam
   b. qhov chaw tos
   c. ces kaum kev
4. **Taug txoj kev mus txog** *tshav puam***.**
   a. tshav puam
   b. kev loj
5. **Tawm ntawm** *lub tsev tos npav***.**
   a. lub tsev tos npav
   b. lub chaw tos npav kawg
   c. lub chaw tos npav tom ntej
6. **Nce mus hauv** *lub npav***.**
   a. lub npav
   b. lub tsheb ciav hlau

after (following, behind)	tom qab	back (go back)	rov qab mus
block	lub nplov	downstairs	theem hauv qab
to drive	tsav	left (direction)	sab laug
next	tom ntej no	over	hla mus saum
to pass	mus dhau	right (opposite of left)	sab xis
stoplight (traffic light)	lub teeb liab	straight ahead	ncaj qha
street (avenue)	txoj kev	to take (and perform an action)	muab
to turn	lem	to turn left	lem sab laug
to turn right	lem sab xis	under	hauv qab
upstairs	theem saum	to walk	mus ko taw

Tell How Far Away a Place Is

1. **It's** *not far* **from here.**
   a. not far
   b. about ten minutes
   c. just a few blocks

1. **Nws** *nyob tsis deb* **ntawm no.**
   a. nyob tsis deb
   b. nyob deb npaum li kaum feeb
   c. ob peb nplov kev xwb

block	lub nplov	close	ze
distance	deb	far	deb
mile	mais		

Tell How Long It Takes to Get to a Place

1. **To get there, it takes about** *an hour***.**
   a. an hour
   b. five minutes
   c. a half–hour

2. **Driving, it will take** *just a few minutes***.**
   a. just a few minutes
   b. twenty minutes
   c. an hour

3. **Walking, it will take ....**

1. **Siv li** *ib teev* **thiaj mus txog ntawd.**
   a. ib teev
   b. tsib feeb
   c. peb caug feeb

2. **Tsav tsheb, yuav siv li** *ob peb feeb xwb***.**
   a. ob peb feeb xwb
   b. nees nkaum feeb
   c. ib teev

3. **Mus ko taw, yuav siv li ….**

to drive	tsav	to get	tau
hour	teev	minute	feeb
to take (and perform an action)	muab	to walk	mus ko taw

Help People Resolve Their Concerns

Ask Appropriate Questions (to Discover Source of Concern)

1. **Would you like to share your concern with us?**
2. **What specifically bothers you?**
3. **What is the source of your concern?**

1. **Koj puas kam qhia peb saib koj txhawj txog dab tsi?**
2. **Koj txhawj txog dab tsi?**
3. **Muaj dab tsi ua rau koj txhawj heev?**

to ask	noog	concern	txoj kev txhawj xeeb
confusion	txoj kev ntxhov siab	experience	tej yam yus ua
to feel	hnov	to find out	kawm txog
question	lo lus noog	reason	lub ntsiab
to resolve	kov yeej	to share	faib
to understand	to taub		

Ensure Your Understanding

1. **Did I understand you correctly?**
2. **If I understand correctly, you feel that ....**
3. **So, you feel that ... Is that right?**

1. **Kuv puas to taub koj zoo?**
2. **Yog kuv to taub zoo ces, koj xav tias ….**
3. **Es, koj xav tias … Puas yog?**

feeling	lub siab xav	joy	txoj kev xyiv fab
to know	paub	to listen	mloog
peace	txoj kev thaj yeeb nyab xeeb	to pray	thov Vajtswv
to understand	to taub		

Demonstrate Your Interest, Appreciation, and Support

1. **Thank you for sharing your thoughts.**
2. **We appreciate your sincerity.**
3. **We believe much the same way.**
4. **We completely understand.**
5. **I have felt that way before myself.**

1. **Ua tsaug vim koj qhia koj tej kev xav rau peb.**
2. **Wb zoo siab vim koj hais qhov tseeb.**
3. **Wb ntseeg zoo li ntawd thiab.**
4. **Wb to taub os.**
5. **Kuv tau xav li ntawd thiab.**

to appreciate	ris txiaj	blessing	txoj koob hmoov
to call	hu	to come by (a familiar place)	los xyuas
to come by (an unfamiliar place)	tuaj xyuas	to encourage	yaum
encouragement	txoj kev yaum ua	experience	tej yam yus ua
happiness	txoj kev zoo siab	help	txoj kev pab
to listen	mloog	to offer	pub
to rely on	vam khom	strength	lub zog
to support	txhawb nqa		

Use Scriptures, Examples, Testimony, Experiences, or Explanations

1. **May I share** *a scripture* **that helped me?**
   a. a scripture
   b. an experience
   c. an example
   d. a story

1. **Kuv nyeem** *ib nqe vaj lug kub* **uas tau pab kuv rau nej mloog puas tau?**
   a. ib nqe vaj lug kub
   b. ib lub sij hawm
   c. ib qho piv txwv
   d. ib zag dab neeg

aloud	nrov	to apply (relate)	piv
to baptize	muab ua kev cai raus dej	to become	rais los ua
to believe	ntseeg	blessing	txoj koob hmoov
book	phau ntawv	challenge	kev cov nyom
to challenge	twv	to change (alter)	hloov
to change (switch)	pauv	chapter	tshooj
to command	txib	commandment	txoj lus txib
commitment	lo lus cog tseg	confused	ntxhov siab
consequence	qhov yuav tau txais	to decide	txiav txim siab
to describe	piav	desire	lub siab xav tau
dream	ua npau suav	to encourage	yaum
example (analogy)	qhov piv txwv	example (model)	tus yam ntxwv
to experience (usually something bad)	raug	to experience (usually something good)	ntsib
to explain	piav	faith	txoj kev ntseeg
to find	nrhiav tau	to follow (a path)	taug
to forgive	zam txim	to give (freely/intangibles)	pub
God	Vajtswv	gospel	txoj moo zoo
guidance	txoj kev coj	happiness	txoj kev zoo siab
happy	kev zoo siab	helpful	pab tau
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	important	tseem ceeb
interesting	xav paub txog	invitation	txoj kev thov caw
to invite	thov caw	Jesus Christ	Yexus Khetos
to keep	khaws	to know	paub
to lead (guide, direct)	coj	life (experiences/actions)	lub neej
to look at (stare/glare)	ntsia	to look at (watch)	saib
to mean	txhais tias	meaning	lub ntsiab
page	daim nplooj	passage (verse)	nqe
people	cov neeg	plan	txoj hau kev
to pray	thov Vajtswv	principle	lub ntsiab cai
progress	txoj kev vam meej	to promise	cog lus
promise	lo lus cog tseg	prophet	tus yaj saub
to quit	tseg	to recognize	paub
to repent	hloov siab lees txim	to return (to a familiar/close place)	rov qab los
revelation	txoj kev tshwm sim	righteous	ncaj ncees
role	txoj dej num	scripture	vaj lug kub
section	ib feem	to see	pom
to share	faib	to show	ua rau nws pom
strength	lub zog	success	ua tau zoo

to support	txhawb nqa	to teach (preach)	qhia
to think	xav	thought	txoj kev xav
to try (to make an attempt)	sim	to understand	to taub
unhappy	tsis zoo siab	verse	nqe
visit	xyuas	willing	kam
word	lo lus		

Invite or Re–invite Someone to Make a Commitment

1. **Will you pray to God** *to see if the Book of Mormon is true***?**
   a. to see if the Book of Mormon is true
   b. about Joseph Smith
   c. about our message
2. **Will you recommit to** *pray for an answer***?**
   a. pray for an answer
   b. read the Book of Mormon
   c. live the Word of Wisdom

1. **Koj puas kam thov Vajtswv** *seb Phau Ntawv Maumoos puas muaj tseeb***?**
   a. seb Phau Ntawv Maumoos puas muaj tseeb
   b. txog Yauxej Xamiv
   c. txog peb zaj xov xwm
2. **Koj puas kam rov qab cog lus tias koj yuav** *thov Vajtswv kom tau lus teb***?**
   a. thov Vajtswv kom tau lus teb
   b. nyeem Phau Ntawv Maumoos
   c. ua raws li Lo Lus Txawj Ntse

to begin (start)	pib	to challenge	twv
to commit (an act)	ua	to commit (committment)	cog lus
commitment	lo lus cog tseg	to encourage	yaum
invitation	txoj kev thov caw	to invite	thov caw
to keep	khaws	to quit	tseg
to support	txhawb nqa	visit	xyuas
willing	kam		

Express Confidence in the Person

1. **I know you can make the right decision.**
2. **We are sure you will make the right decision.**
3. **We know you can** *find answers to your prayers***.**
   a. find answers to your prayers
   b. receive strength to do this
   c. make correct decisions

1. **Kuv paub hais tias koj yuav xaiv qhov yog.**
2. **Wb paub hais tias koj yuav xaiv qhov yog.**
3. **Wb paub hais tias** *Vajtswv yuav teb koj cov lus thov***.**
   a. Vajtswv yuav teb koj cov lus thov
   b. koj yuav muaj zog txaus ua li no
   c. koj yuav xaiv qhov yog

Make a Telephone Call

Greet Someone on the Other End

1. **Hello. (also Good morning/afternoon/evening)**

1. **Nyob zoo.**

Identify Yourself

1. **This is Elder ....**
2. **This is Sister ....**

1. **No yog Txwj Laug ….**
2. **No yog Muam ….**

Elder	Txwj Laug	Sister	Muam

Ask to Speak with Someone

1. **Could I please speak with Sister Smith?**
2. **Is Sister Brown available?**
3. **May I please speak with Brother Jones?**

1. **Kuv nrog Muam Smith tham puas tau?**
2. **Muam Brown puas khoom?**
3. **Kuv nrog Tij Laug Jones tham puas tau?**

available	khoom	bishop	tus npis sov
Brother	Tij Laug	Elder	Txwj Laug
house (home)	lub tsev	Mr.	Txiv Ntxawm
Mrs.	Niam	president	tus thawj tswj hwm
Sister	Muam	to speak	hais lus

Ask When Someone Will Be Available

1. **When does he usually come home?**
2. **When can I reach her?**
3. **When's the best time to call back?**

1. **Raws li ib txwm nws los tsev thaum pes tsawg moo?**
2. **Thaum twg kuv thiaj hu tau ntsib nws?**
3. **Thaum twg yog ib lub sij hawm zoo tshaj uas kuv thiaj hu tau rov qab?**

available	khoom	best	zoo tshaj plaws
to call	hu	house (home)	lub tsev
to reach (contact)	ntsib	time (general, ex: I have time)	lub sij hawm
what	dab tsi	when (answer)	thaum
when (question)	thaum twg		

Ask to Leave a Message

1. **May I leave a message for him?**
2. **Would you please take a message for me?**

1. **Koj puas kam kuv tseg xov xwm rau nws?**
2. **Koj puas kam hais rau nws paub?**

to leave a message	tseg xov xwm	message	zaj xov xwm

Leave a Message

1. **Would you ask him to call the missionaries?**
2. **Could you tell him that** *the meeting was canceled*?
   a. the meeting was canceled
   b. we are meeting tomorrow
   c. we called

1. **Koj puas kam thov kom nws hu cov tub txib?**
2. **Koj hais rau nws hais tias** *tsis muaj lub rooj sab laj lawm* **puas tau?**
   a. tsis muaj lub rooj sab laj lawm
   b. peb yuav sib ntsib tag kis
   c. wb tau hu tuaj

afternoon	yav tav su	appointment	lub teem caij
to call	hu	to cancel	tsis ua ntxiv
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
late	lig	to meet	ntsib
meeting	lub rooj sab laj	message	zaj xov xwm
missionary (messenger)	tus tub txib	morning	yav sawv ntxov
next week	lim tiam tom ntej no	today	hnub no
tomorrow	tag kis	tonight	hmo no

Say You Dialed the Wrong Number

1. **I am sorry, I dialed the wrong number.**

1. **Thov txim ‘os, kuv ntaus tus naj npawb xov tooj tsis yog lawm.**

Ask for Repetition

1. **Could you repeat that please?**

1. **Koj puas kam rov qab hais dua?**

End a Phone Call

1. **Good–bye.**
2. **Thank you.**
3. **Have a good day.**

1. **Sib ntsib dua.**
2. **Ua tsaug.**
3. **Nyob zoo koj nawj.**

Make Appointments

Ask to Meet with Someone

1. **May we share a message with your family?**
2. **Would it be alright for us to** *come by again*?
   a. come by again
   b. call you
   c. come to your home

1. **Koj puas kam wb qhia ib zag xov xwm rau koj tsev neeg?**
2. **Wb** *rov qab tuaj* **puas tau?**
   a. rov qab tuaj
   b. hu tuaj rau koj
   c. tuaj txog koj lub tsev

family	tsev neeg	to invite	thov caw
opportunity	lub cib fim	truth	qhov tseeb
to visit	xyuas		

Explain Preferences and Expectations

1. **We would like to meet with you** *twice a week*.
   a. twice a week
   b. every other day
   c. on a regular basis

1. **Peb xav nrog koj sib ntsib** *ob zaug txhua lub lim tiam*.
   a. ob zaug txhua lub lim tiam
   b. txhua ob hnub
   c. raws caij raws nyoog

to accept	lees txais	afternoon	yav tav su
day	nruab hnub	evening	yav tsaus ntuj
every other day	txhua ob hnub	to expect	tos ntsoov
family	tsev neeg	to meet	ntsib
morning	yav sawv ntxov	once a week	ib zaug txhua lub lim tiam
someday	lwm hnub	time (as in one more ";time";)	zaus
time (general, ex: I have time)	lub sij hawm	twice a week	ob zaug txhua lub lim tiam
week	lub lim tiam		

Work out a Day, Time, and Place

1. *Evenings* **work best for us.**
   a. Evenings
   b. Weekends
   c. Afternoons
2. *Tomorrow* **would be better.**
   a. Tomorrow
   b. Wednesday
   c. Saturday
3. **Could we come** *an hour later*?
   a. an hour later
   b. earlier
4. **We already have an appointment at that time.**

1. *Thaum yav tsaus ntuj* **zoo dua rau wb.**
   a. Thaum yav tsaus ntuj
   b. Hnub Saturday thiab Sunday
   c. Thaum yav tav su
2. *Tag kis* **zoo dua.**
   a. Tag kis
   b. Hnub Wednesday
   c. Hnub Saturday
3. **Wb tuaj** *ib teev tom qab ntawd* **puas tau?**
   a. ib teev tom qab ntawd
   b. ntxov dua
4. **Peb twb muaj teem caij lawm thaum ntawd.**

afternoon	yav tav su	best	zoo tshaj plaws
busy (not available)	tsis khoom	busy (working hard)	khwv
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
to conflict with (fight against)	tawm tsam	to conflict with (not work out)	tsis haum
date	hnub tim	day	nruab hnub
evening	yav tsaus ntuj	hour	teev
house (home)	lub tsev	morning	yav sawv ntxov
noon	kaum ob teev yav tav su	office	lub hoob kas
time (as in one more “;time”;)	zaus	time (general, ex: I have time)	lub sij hawm
what	dab tsi	when (answer)	thaum
when (question)	thaum twg		

If Necessary, Ask for Address and/or Telephone Number

1. **Could you give us your address and phone number?**
2. **What’s your address?**
3. **Would you write down your address for us?**

1. **Koj puas kam qhia koj qhov chaw nyob thiab tus xov tooj rau wb?**
2. **Koj qhov chaw nyob yog dab tsi?**
3. **Koj sau koj qhov chaw nyob rau wb puas tau?**

address	tus qhov chaw nyob	to ask	noog
directions	qhia kev	to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab	telephone number	tus xov tooj
to write	sau ntawv		

Confirm the Appointment

1. **We’ll call you the day before to confirm the appointment.**
2. **So, we’ll see you on ... at ....**

1. **Wb yuav hu tuaj rau koj hnub ua ntej txog peb lub teem caij.**
2. **Ces, wb yuav sib ntsib hnub … thaum …**

to adjust	hloov	appointment	lub teem caij
to ask	noog	to call	hu
to come by (a familiar place)	los xyuas	to come by (an unfamiliar place)	tuaj xyuas
to confirm	pom zoo	day	nruab hnub
hour	teev	lesson	tej lus qhia
to postpone	tos lwm lub sij hawm	to teach (preach)	qhia
time (as in one more “;time”;)	zaus	time (general, ex: I have time)	lub sij hawm
what	dab tsi	when (answer)	thaum
when (question)	thaum twg		

Make Purchases

Say What You Are Looking for

1. **I'm looking for** *shoes*.
   a. shoes
   b. pants
   c. socks

1. **Kuv nrhiav** *nkawm khau*.
   a. nkawm khau
   b. lub ris
   c. nkawm thoom thaub

to buy (purchase)	yuav	to exchange	pauv
to look for	nrhiav	on sale	muag pheej yig

Ask Where to Find Something

1. **Excuse me, where can I find** *shoes*?
   a. shoes
   b. socks
   c. shirts

2. **Where can I get** *a tie*?
   a. a tie
   b. a belt
   c. a wallet

1. **Thov txim 'os, kuv yuav nrhiav** *nkawm khau* **qhov twg?**
   a. nkawm khau
   b. nkawm thoom thaub
   c. lub tsho

2. **Kuv yuav** *ib txoj kas las vav* **qhov twg 'os?**
   a. ib txoj kas las vav
   b. ib txoj siv
   c. ib lub hnab ka paus

aisle	txoj kab	department	kem tsev
to find	nrhiav tau	store	lub khw muag khoom
what	dab tsi	where	qhov twg

Describe an Item

1. **Do you have that** *in blue*?
   a. in blue
   b. in grey
   c. in a larger size

2. **Could I have a half–kilogram of** *ham*, **please?**
   a. ham
   b. ground beef
   c. cheese

3. **I'd like** *a leather belt*, **please.**
   a. a leather belt
   b. a winter coat
   c. a medium–size skirt

4. **I'd like these socks in** *black*, **please.**
   a. black
   b. white
   c. blue

1. **Koj puas muaj qhov ntawd** *ua xim xiav*?
   a. ua xim xiav
   b. ua xim txho tshauv
   c. loj dua me ntsis

2. **Kuv yuav ib nrab kis laus** *nqaij npua* **puas tau?**
   a. nqaij npua
   b. nqaij nyuj
   c. cheese

3. **Kuv xav tau** *ib txoj siv tawv*.
   a. ib txoj siv tawv
   b. ib lub tsho tiv no
   c. ib daim tiab

4. **Kuv xav tau ib nkawm thoom thaub** *xim dub* **'os.**
   a. xim dub
   b. xim dawb
   c. xim xiav

big	loj	cheap	pheej yig
expensive	kim	extra large	loj heev
large	loj	long	ntev
medium	nruab nrab	short (height)	qis taub
small	me	thick	tuab
thin	nyias	tight	ceev

Ask the Price

1. **How much does that come to?**
2. **How much does that cost?**
3. **How much does a liter of** *milk* **cost?**
   a. milk
   b. water
   c. juice
4. **What's the price of** *milk***?**
   a. milk
   b. bread
   c. eggs

1. **Tag nrho yog pes tsawg?**
2. **Tus nqe yog pes tsawg?**
3. **Ib poom** *mis nyuj* **yog pes tsawg?**
   a. mis nyuj
   b. dej
   c. kua txiv hmab txiv ntoo
4. *Mis nyuj* **yog pes tsawg?**
   a. Mis nyuj
   b. Qhob cij
   c. Qe

to cost	muaj nqi npaum li cas	gallon	nkas loos
kilo	kis laus	pound	phaus
price	tus nqi	total	tag nrho

Pay for Something

1. **Can I pay for that with a** *check***?**
   a. check
   b. credit card

1. **Kuv sau** *daim tshev* **them puas tau?**
   a. daim tshev
   b. credit card

card	daim npav	cash	nyiaj ntsuab
to charge	tiv nqi	check	daim tshev
dollar	daulas	to spend	them nyiaj

Meet Someone

Greet Someone

1. **Hello. (also Good morning/afternoon/evening)**
2. **How are you doing?**

1. **Nyob zoo.**
2. **Koj nyob li cas?**

Brother	Tij Laug	Elder	Txwj Laug
hello	nyob zoo	Mr.	Txiv Ntxawm
Mrs.	Niam	Sister	Muam

Introduce Yourself and Someone Else

1. **I'm Elder ..., and this is my companion, Elder ....**
3. **Let me introduce you to ....**
4. **My name is ....**
5. **This is my companion, Elder ....**

1. **Kuv yog Txwj Laug …., thiab no yog kuv tus khub, Txwj Laug ….**
3. **Cia kuv coj koj mus ntsib ….**
4. **Kuv lub npe hu ua ….**
5. **No yog kuv tus khub, Txwj Laug ….**

Brother	Tij Laug	companion	tus khub
Elder	Txwj Laug	Mr.	Txiv Ntxawm
Mrs.	Niam	Sister	Muam

If Appropriate, Tell Whom You Represent

1. **We are** *missionaries* **of the Church of Jesus Christ of Latter–day Saints.**
   a. missionaries
   b. members
   c. representatives
2. **We are** *representatives* **of the Lord Jesus Christ.**
   a. representatives
   b. missionaries
   c. servants

1. **Wb yog** *ob tug tub txib* **los ntawm Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Ntseeg hauv Hnub Nyoog Kawg.**
   a. ob tug tub txib
   b. ob tug mej zeej
   c. ob tug sawv cev
2. **Peb yog** *cov uas sawv cev* **rau tus Tswv Yexus Khetos.**
   a. cov uas sawv cev
   b. ob tug tub txib
   c. cov tub qhe

Elder	Txwj Laug	Jesus Christ	Yexus Khetos
Lord	tus Tswv	to represent	sawv cev
representative	sawv cev	servant	tus tub qhe
Sister	Muam	The Church of Jesus Christ of Latter–day Saints	Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Ntseeg hauv Hnub Nyoog Kawg

Ask Someone's Name

1. **What is your name?**

1. **Koj lub npe hu li cas?**

Brother	Tij Laug	Elder	Txwj Laug
his (her)	nws	to know someone	paub leej twg
Mr.	Txiv Ntxawm	Mrs.	Niam
name	lub npe	Sister	Muam
what	dab tsi	your	koj

Express Pleasure in Meeting Someone

1. **It's nice to meet you.**

1. **Zoo siab ntsib koj.**

to get to know	sib tham kom paub txog	honor	hwm
how	li cas	to know someone	paub leej twg
to meet	ntsib	nice (kind)	siab zoo
pleasure	zoo siab		

Obtain Referrals

Ask about People Who Might Be Interested

1. **Do you** *have friends* **who would be interested in our message?**
   a. have friends
   b. know anyone
   c. neighbors
   d. have family members

2. **Do you know anyone who would like to** *listen to our message***?**
   a. listen to our message
   b. receive a copy of the Book of Mormon
   c. receive a church video

3. **May we talk to** *your friends* **about our message?**
   a. your friends
   b. your family
   c. your husband

4. **Who else can we invite to** *come to church***?**
   a. come to church
   b. hear our message
   c. participate in our discussion

1. **Koj puas** *muaj phooj ywg* **uas tej zaum yuav xav hnov peb zaj xov xwm?**
   a. muaj phooj ywg
   b. paub leej twg
   c. muaj cov kwv tij zej zog
   d. muaj cov neeg hauv koj tsev neeg

2. **Koj puas paub leej twg uas xav** *mloog wb zaj xov xwm***?**
   a. mloog wb zaj xov xwm
   b. txais ib Phau Ntawv Maumoos
   c. txais ib daim video ntawm peb lub koom txoos

3. **Koj puas kam wb nrog** *koj cov phooj ywg* **tham txog wb zaj xov xwm?**
   a. koj cov phooj ywg
   b. koj tsev neeg
   c. koj tus txiv

4. **Peb caw tau leej twg ntxiv** *tuaj tshawj***?**
   a. tuaj tshawj
   b. hnov peb zaj xov xwm
   c. nrog peb sib tham

to ask	noog	circle of friends	cov phooj ywg
family	tsev neeg	friend	tus phooj ywg
interested	xav paub txog	to know someone	paub leej twg
to learn	kawm	to meet	ntsib
member	tus mej zeej	message	zaj xov xwm
neighbor	tus kwv tij zej zog	relative	tus txheeb ze

Ask How Interested Someone Might Be in Learning More about the Church

1. **How interested is your family in** *learning about the Gospel***?**
   a. learning about the Gospel
   b. meeting with the missionaries
   c. read the Book of Mormon

2. **How would Bob react to an invitation to** *come to church***?**
   a. come to church
   b. receive the gospel lessons
   c. learn about the Book of Mormon

1. **Koj tsev neeg muaj lub siab xav** *kawm txog Txoj Moo Zoo* **npaum li cas?**
   a. kawm txog Txoj Moo Zoo
   b. nrog cov tub txib sib tham
   c. nyeem Phau Ntawv Maumoos

2. **Bob yuav ua dab tsi yog yus caw nws** *tuaj tshawj***?**
   a. tuaj tshawj
   b. kawm txog txoj moo zoo
   c. kawm txog Phau Ntawv Maumoos

to ask	noog	family	tsev neeg
to find out	kawm txog	friend	tus phooj ywg
to learn	kawm	neighbor	tus kwv tij zej zog
relative	tus txheeb ze	The Church of Jesus Christ of Latter–day Saints	Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Nt-seeg hauv Hnub Nyoog Kawg

Ask Someone to Provide a Referral

1. **Will you invite** *your neighbors* **to hear our message?**
   a. your neighbors
   b. members of your family
   c. your friends

2. **Will you invite your friends to** *hear our message***?**
   a. hear our message
   b. meet with the missionaries
   c. learn about the gospel

1. **Koj puas kam caw** *koj cov kwv tij zej zog* **mloog wb zaj xov xwm?**
   a. koj cov kwv tij zej zog
   b. cov neeg hauv koj tsev neeg
   c. koj cov phooj ywg

2. **Koj puas kam caw koj cov phooj ywg** *mloog wb zaj xov xwm***?**
   a. mloog wb zaj xov xwm
   b. nrog cov tub txib sib ntsib
   c. kawm txog txoj moo zoo

anyone	leej twg los tau	to ask	noog
to hear	hnov	to know someone	paub leej twg
to learn	kawm	message	zaj xov xwm

Invite Someone to Pray for Specific Individuals to Be Prepared to Hear the Gospel

1. **Will you pray to know how to help ... accept the gospel?**

1. **Koj puas kam thov Vajtswv kom koj paub pab … txais txoj moo zoo?**

to ask	noog	family	tsev neeg
friend	tus phooj ywg	to hear	hnov
interested	xav paub txog	to learn	kawm
neighbor	tus kwv tij zej zog	prayer	txoj kev thov Vajtswv
to prepare	npaj	sincere	mob siab ua tiag tiag
willing	kam		

Discuss Ways Someone Can Help Their Friends Feel the Spirit

1. **How can you help them feel the Spirit?**

2. **To help them feel the Spirit you can** *share your testimony***.**
   a. share your testimony
   b. share a spiritual experience
   c. invite them into your home
   d. have them over for Family Home Evening
   e. do something kind for them
   f. invite them to church

1. **Koj yuav pab lawv kom lawv thiaj hnov tus Ntsuj Plig li cas?**

2. **Xwv kom lawv yuav hnov tus Ntsuj Plig, koj** *ua tim khawv* **los tau.**
   a. ua tim khawv
   b. qhia lawv txog ib yam uas muaj los ntawm sab ntsuj plig
   c. caw lawv tuaj txog koj lub tsev
   d. caw lawv tuaj nrog nej ua Tsev Neeg Hmo Ua Ke
   e. ua ib yam dab tsi zoo rau lawv
   f. caw lawv tuaj tshawj

3. **They can feel the Spirit when** *they hear your testimony***.**
   a. they hear your testimony
   b. you share a spiritual experience
   c. they read the scriptures
   d. they watch a church video

3. **Lawv hnov tau tus Ntsuj Plig thaum** *lawv hnov koj ua tim khawv***.**
   a. lawv hnov koj ua tim khawv
   b. koj hais txog tej uas muaj los ntawm sab ntsuj plig
   c. lawv nyeem vaj lug kub
   d. lawv saib daim video ntawm lub koom txoos

blessing	txoj koob hmoov	example (analogy)	qhov piv txwv
example (model)	tus yam ntxwv	to feel	hnov
feeling	lub siab xav	gospel	txoj moo zoo
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	to live (lead your life)	ua neej
music	zaj nkauj	to pray	thov Vajtswv
to serve (render service)	pab	service	txoj kev pab
testimony	zaj lus tim khawv	through	dhau los ntawm

Give Encouragement and Support

1. **How can we help you to** *talk with your family***?**
   a. talk with your family
   b. prepare your friends
   c. share the gospel
   d. invite your friends

2. **How can we help you?**

3. **We have confidence that you will know** *what to say***.**
   a. what to say
   b. how to approach them
   c. how to invite them

4. **We know it must be difficult for you.**

5. **We know that the Lord will** *guide you***.**
   a. guide you
   b. bless your efforts
   c. inspire you
   d. help you

1. **Wb yuav pab koj tau** *nrog koj tsev neeg tham* **li cas?**
   a. nrog koj tsev neeg tham
   b. npaj koj cov phooj ywg
   c. qhia Txoj Moo Zoo rau luag tej
   d. caw koj cov phooj ywg

2. **Wb pab tau koj li cas?**

3. **Wb paub tias koj yuav paub** *hais li cas***.**
   a. hais li cas
   b. hais dab tsi rau lawv
   c. caw lawv zoo li cas

4. **Wb paub tias nws nyuaj rau koj.**

5. **Wb paub tias tus Tswv yuav** *coj koj txoj hau kev***.**
   a. coj koj txoj hau kev
   b. foom koob hmoov rau koj
   c. tshoov koj lub siab
   d. pab koj

to bless	foom koob hmoov	to call	hu
confidence	txoj kev cia siab	help	txoj kev pab
strength	lub zog	support	txoj kev txhawb nqa
to support	txhawb nqa		

Make Follow Up Plans

1. **May we stop by** *tomorrow* **to see how it went?**
   a. tomorrow
   b. this week
   c. on Thursday
2. **We'll call you to see how it went.**
3. **We'll stop by tomorrow to see** *how you did***.**
   a. how you did
   b. how it went
   c. what happened
4. **When do you have time** *this week***?**
   a. this week
   b. next week
   c. tomorrow

1. **Koj puas kam wb tuaj** *tag kis* **seb zoo li cas?**
   a. tag kis
   b. lub lim tiam no
   c. hnub Thursday
2. **Wb yuav hu koj seb zoo li cas?**
3. **Wb yuav tuaj tag kis sim seb** *koj tau ua li cas***?**
   a. koj tau ua li cas
   b. zoo li cas
   c. tau muaj li cas
4. **Koj khoom thaum twg** *lub lim tiam no***?**
   a. lub lim tiam no
   b. lub lim tiam tom ntej
   c. tag kis

afternoon	yav tav su	to ask	noog
to call	hu	to come (to a familiar/close place)	los
to come (to an unfamiliar/far-away place)	tuaj	day	nruab hnub
to discuss	sib tham txog	evening	yav tsaus ntuj
to find out	kawm txog	morning	yav sawv ntxov
night	hmo	progress	txoj kev vam meej
to return (to a familiar/close place)	rov qab los	to return (to an unfamiliar/far-away place)	rov qab tuaj
to see	pom	time (as in one more ";time";)	zaus
time (general, ex: I have time)	lub sij hawm	today	hnub no
tomorrow	tag kis		

Offer a Prayer

Address Heavenly Father

1. **Dear Heavenly Father,**
2. **Heavenly Father,**
3. **Our Father in Heaven,**

1. **Leej Txiv Saum Ntuj Ceeb Tsheej uas peb hlub,**
2. **Leej Txiv Saum Ntuj Ceeb Tsheej,**
3. **Peb Leej Txiv Saum Ntuj Ceeb Tsheej,**

Express Gratitude

1. **I am grateful for** *my family*.
   a. my family
   b. my companion
   c. my missionary calling
2. **We thank thee for** *thy Son, Jesus Christ*.
   a. thy Son, Jesus Christ
   b. thy love
   c. thy patience

1. **Kuv ris txiaj rau** *kuv tsev neeg*.
   a. kuv tsev neeg
   b. kuv tus khub
   c. qhov uas kuv raug hu los ua ib tug tub txib
2. **Peb ua koj tsaug rau** *koj Leej Tub, Yexus Khetos*.
   a. koj Leej Tub, Yexus Khetos
   b. koj txoj kev hlub
   c. koj txoj kev siab ntev

to give (freely/intangibles)	pub	grateful	ris txiaj
to offer	pub	to thank	ua tsaug
thanks	ua tsaug		

Ask for Help and Blessings

1. **I ask thee to bless** *my companion*.
   a. my companion
   b. my teachers
   c. my family
2. **Please help me to** *work diligently*.
   a. work diligently
   b. be obedient
   c. learn Hmong
3. **Please help us to** *be obedient*.
   a. be obedient
   b. learn Hmong
   c. work diligently
4. **We ask thee to bless** *the prophet*.
   a. the prophet
   b. our companions
   c. the people of this area

1. **Kuv thov koj foom koob hmoov rau** *kuv tus khub*.
   a. kuv tus khub
   b. kuv cov xib hwb
   c. kuv tsev neeg
2. **Thov koj pab kuv** *rau siab ua hauj lwm*.
   a. rau siab ua hauj lwm
   b. mloog lus
   c. kawm lus Hmoob
3. **Thov koj pab peb** *mloog lus*.
   a. mloog lus
   b. kawm lus Hmoob
   c. rau siab ua hauj lwm
4. **Peb thov koj foom koob hmoov rau** *tus yaj saub*.
   a. tus yaj saub
   b. peb cov khub
   c. cov neeg hauv cheeb tsam no

5. **We ask thee to bless us with** *thy Spirit***.**
   a. thy Spirit
   b. thy patience
   c. thy love

5. **Peb thov koj** *tso koj tus Ntsuj Plig nrog peb nyob***.**
   a. tso koj tus Ntsuj Plig nrog peb nyob
   b. ua siab ntev rau peb
   c. hlub peb

to ask	noog	to bless	foom koob hmoov
guidance	txoj kev coj	health	txoj kev noj qab nyob zoo
help	txoj kev pab	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
inspiration	txoj kev tshoov siab	patience	txoj kev ua siab ntev
peace	txoj kev thaj yeeb nyab xeeb	strength	lub zog

Close the Prayer in the Name of Jesus Christ

1. **In the name of Jesus Christ, amen.**
2. **We say these things in the name of Jesus Christ, amen.**

1. **Los ntawm Yexus Khetos lub npe, amees.**
2. **Peb hais tej yam no los ntawm Yexus Khetos lub npe, amees.**

Perform Priesthood Ordinances

Perform Priesthood Mechanics

to bend	caws	to do (perform, act)	ua
full name	lub npe tag nrho	hands	txhais tes
head	lub taub hau	to immerse	raus
knees	ob lub hauv caug	nose	lub qhov ntswg
oil	cov roj	to place	tso
to plug	pos	to state	hais
wrist	lub dab teg		

Call Someone by Name and State the Authority by which the Ordinance Is Performed

1. **..., by the authority of the Melchizedek Priesthood,**

1. **…, los ntawm txoj cai ntawm lub Pov Thawj Hwj Mekixedes,**

authority	txoj cai	commissioned	tau txais lub hwjchim
hands	txhais tes	head	lub taub hau
Melchizedek Priesthood	lub Pov Thawj Hwj Mekixedes	power	lub hwj chim
priesthood	lub pov thawj hwj		

State What Ordinance You Are Performing

1. **I anoint you with this consecrated oil.**
2. **We confirm you a member of the Church of Jesus Christ of Latter–day Saints.**
3. **We say unto you, receive the Holy Ghost.**
4. **We seal and confirm this anointing.**

1. **Kuv muab cov roj uas tau tshwj tseg cia no los pleev rau saum koj taub hau.**
2. **Peb tsa koj los ua ib tug mej zeej hauv Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Ntseeg hauv Hnub Nyoog Kawg.**
3. **Peb hais rau koj hais tias, cia li txais tus Vaj Ntsuj Plig Dawb Huv.**
4. **Peb khi thiab pom zoo rau kev pleev roj no.**

to anoint	pleev roj	anointing	txoj kev pleev roj
to baptize	muab ua kev cai raus dej	blessing	txoj koob hmoov
comfort	txoj kev nplij siab	to confirm	pom zoo
to give (freely/intangibles)	pub	to receive	txais
to seal	khi	to set apart	tsa
sick	mob		

Add Such Words of Blessing as the Spirit Dictates

1. **As you pray, the Lord will** *strengthen your testimony*.
   a. strengthen your testimony
   b. give you answers
   c. increase your faith

2. **The Lord wants you to know that** *He loves you*.
   a. He loves you
   b. you must be patient
   c. He is aware of your struggles

3. **We bless you with** *wisdom*.
   a. wisdom
   b. health
   c. patience

1. **Thaum koj thov Vajtswv, tus Tswv yuav** *ua rau koj zaj lus tim khawv muaj zog*.
   a. ua rau koj zaj lus tim khawv muaj zog
   b. teb koj cov lus thov
   c. ua rau koj haj yam muaj kev ntseeg

2. **Tus Tswv xav kom koj paub tias** *Nws hlub koj*.
   a. Nws hlub koj
   b. koj yuav tsum ua siab ntev
   c. Nws paub txog koj tej kev nyuaj siab

3. **Peb foom koob hmoov rau koj kom koj** *muaj kev txawj ntse*.
   a. muaj kev txawj ntse
   b. noj qab nyob zoo
   c. ua siab ntev

comfort	txoj kev nplij siab	faith	txoj kev ntseeg
gift of the Holy Ghost	lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv	guidance	txoj kev coj
happiness	txoj kev zoo siab	health	txoj kev noj qab nyob zoo
inspiration	txoj kev tshoov siab	knowledge	txoj kev txawj ntse
love	txoj kev hlub	patience	txoj kev ua siab ntev
peace	txoj kev thaj yeeb nyab xeeb	revelation	txoj kev tshwm sim
strength	lub zog	testimony	zaj lus tim khawv
understanding	txoj kev to taub		

Close in the Name of Jesus Christ

1. **In the name of our Savior, Jesus Christ, amen.**

2. **We give you this blessing in the name of Jesus Christ, amen.**

3. **We seal these blessings upon you in the name of Jesus Christ, amen.**

1. **Los ntawm peb tus Cawm Seej Yexus Khetos lub npe, amees.**

2. **Peb foom koob hmoov rau koj los ntawm Yexus Khetos lub npe, amees.**

3. **Peb khi tej koob hmoov no rau koj los ntawm Yexus Khetos lub npe, amees.**

Plan Daily and Weekly Activities

Discuss Needs of Investigators, Members, and Recent Converts

1. **How can we help Mr. Brown to** *come to church regularly***?**
   a. come to church regularly
   b. give up smoking
   c. read the Book of Mormon
2. **What can we do for ...?**
3. **What does Sister ... need?**

1. **Peb yuav ua li cas thiaj pab tau Mr. Brown** *tuaj tshawj txhua hnub Sunday***?**
   a. tuaj tshawj txhua hnub Sunday
   b. txiav txoj kev haus luam yeeb
   c. nyeem Phau Ntawv Maumoos
2. **Wb yuav ua dab tsi pab …. ?**
3. **Muam …. xav tau dab tsi?**

appointment	lub teem caij	to ask	noog
to attend	mus koom	baptism	txoj kev cai raus dej
blessing	txoj koob hmoov	church (building)	lub tsev koom txoos
church (organization)	lub koom txoos	to come (to a familiar/close place)	los
to come (to an unfamiliar/far-away place)	tuaj	to commit (an act)	ua
to commit (committment)	cog lus	commitment	lo lus cog tseg
concern	txoj kev txhawj xeeb	confirmation	txoj kev pom zoo
convert	tus neeg hloov siab los ntseeg	daily	niaj hnub
to discuss	sib tham txog	to explain	piav
fast offering	cov nyiaj yoo mov	to fellowship (befriend)	ua phooj ywg
to find	nrhiav tau	to follow–up	rov qab sib tham txog
guidance	txoj kev coj	interview	lub xam phaj
investigator	tus neeg kawm txoj moo zoo	to invite	thov caw
law of chastity	txoj kev cai coj dawb huv	lesson	tej lus qhia
member	tus mej zeej	mission (goal/purpose)	lub hom phiaj
missionary (messenger)	tus tub txib	month	lub hlis
need	lub siab xav tau	to participate	koom
plan	txoj hau kev	to pray	thov Vajtswv
prayer	txoj kev thov Vajtswv	problem	qhov teeb meem
to progress	vam meej	question	lo lus noog
to read	nyeem	scriptures	cov vaj lug kub
to serve (render service)	pab	service	txoj kev pab
to talk	sib tham	to teach (preach)	qhia
tithing	nyiaj ib feem kaum	to understand	to taub
to visit	xyuas	week	lub lim tiam
Word of Wisdom	Lo Lus Txawj Ntse		

Identify Regularly Scheduled Activities

1. *The appointment* **begins at seven o'clock.**
   a. The appointment
   b. The meeting
   c. The conference

2. *The conference* **is from four to five o'clock.**
   a. The conference
   b. The meeting
   c. The appointment

3. **On Friday, we have** *ward council***.**
   a. ward council
   b. zone conference
   c. a service project

4. **When does** *zone conference* **begin?**
   a. zone conference
   b. ward council meeting
   c. the ward activity

5. **When is our appointment with ...?**

1. *Lub teem caij* **yuav pib thaum xya moo.**
   a. Lub teem caij
   b. Lub rooj sab laj
   c. Lub rooj sab laj

2. *Lub rooj sab laj* **yog thaum plaub moo mus txog tsib moo.**
   a. Lub rooj sab laj
   b. Lub rooj sab laj
   c. Lub teem caij

3. **Thaum hnub Friday, peb muaj** *pawg ntseeg pawg sab laj***.**
   a. pawg ntseeg pawg sab laj
   b. Thaj chaw lub rooj sab laj
   c. ib txoj kev pab luag tej

4. *Thaj chaw lub rooj sab laj* **pib thaum twg?**
   a. Thaj chaw lub rooj sab laj
   b. Pawg ntseeg pawg sab laj
   c. Yam ntxim saib ntxim ua hauv pawg ntseeg

5. **Wb teem caij mus xyuas …. thaum twg?**

baptismal service	txoj kev sib ntsib muab neeg ua kev cai raus dej	to change (alter)	hloov
to change (switch)	pauv	date	hnub tim
district meeting	koog chaw lub rooj sab laj	mission conference	qhov chaw tshaj tawm txoj moo zoo lub rooj sab laj
to prepare	npaj	priesthood	lub pov thawj hwj
to read	nyeem	Relief Society	lub Koom Haum Niam Tsev
sacrament meeting	lub rooj sab laj txais lub cim nco txog	to serve (render service)	pab
social	nyiam nrog lwm tus koom	to study	kawm
Sunday School	lub Hoob Kawm Vaj Lug Kub	to talk	sib tham
to teach (preach)	qhia	ward mission leader	pawg ntseeg kev tshaj tawm txoj moo zoo tus thawj coj
zone conference	thaj chaw lub rooj sab laj		

Schedule the Rest of Your Time

1. **We still need to** *fill out the area book***.**
   a. fill out the area book
   b. do laundry
   c. visit the Jones family

2. **What else do we need to do this week?**

3. **When should we** *visit the bishop* **this week?**
   a. visit the bishop
   b. do service
   c. stop by to see our investigators

1. **Wb tseem yuav tsum** *sau rau hauv phau ntawv cheeb tsam***.**
   a. sau rau hauv phau ntawv cheeb tsam
   b. ntxhua khaub ncaws
   c. mus xyuas tsev neeg Jones

2. **Muaj dab tsi uas wb tseem yuav ua lub lim tiam no?**

3. **Thaum twg wb thiaj yuav mus** *ntsib tus npis sov* **lub lim tiam no?**
   a. ntsib tus npis sov
   b. pab luag tej
   c. mus xyuas peb cov kawm

to adapt	hloov kom haum	afternoon	yav tav su
breakfast	pluas tshais	to buy (purchase)	yuav
to clean (clean up)	tu	clothes	cov khaub ncaws
companion	tus khub	to contact	hu tuaj los sis sau ntawv
dinner	pluas hmo	to eat	noj
evening	yav tsaus ntuj	exercise	txoj kev siv zog
to exercise	siv zog	to find	nrhiav tau
to get a haircut	txiav plaub hau	grocery shopping	yuav khoom noj
laundry	ntxhua khaub ncaws	letter	tsab ntawv
lunch	pluas su	mail	tsab ntawv
morning	yav sawv ntxov	night	hmo
to proselyte	ua hauj lwm	schedule	lub sij hawm
to share	faib	to shop	yuav khoom
shopping	mus yuav khoom	to sleep	pw tsaug zog
to study	kawm	to talk	sib tham
to teach (preach)	qhia	to tract	khob qhov rooj nrhiav neeg
to visit	xyuas	to walk	mus ko taw
to wash	ntxhua	to work	ua hauj lwm
to write	sau ntawv		

Discuss Transportation Time and Mode to Each Appointment

1. **The Miller family lives** *close by*.
   a. close by
   b. downtown
   c. far from here
2. **We could go** *by foot*.
   a. by foot
   b. by bike
   c. by bus
3. **We need to take the** *train*.
   a. train
   b. the subway
   c. bus
4. **What's the best way to get there?**
5. **When does** *the bus* **leave?**
   a. the bus
   b. the subway
   c. the train

1. **Tsev neeg Miller nyob** *ze*.
   a. ze
   b. hauv lub plawv nroog
   c. deb ntawm no
2. **Peb** *mus ko taw* **los tau.**
   a. mus ko taw
   b. caij luv thij
   c. caij npav
3. **Peb yuav tsum caij** *lub tsheb ciav hlau*.
   a. lub tsheb ciav hlau
   b. lub tsheb ciav hlau hauv qab av
   c. lub npav
4. **Txoj kev zoo tshaj mus qhov ntawd yog txoj twg?**
5. *Lub npav* **ncaim mus thaum twg?**
   a. Lub npav
   b. Lub tsheb ciav hlau hauv qab av
   c. Lub tsheb ciav hlau

address	tus qhov chaw nyob	bicycle (bike)	lub luv thij
bus	lub tsheb npav	car	lub tsheb
to drive	tsav	early	ntxov
hour	teev	late	lig
long	ntev	on time	raws sij hawm
to ride	caij	short (duration)	luv
subway	lub tsheb ciav hlau hauv qab av	to take (and perform an action)	muab
to take (grasp in hand)	tuav	taxi	lub taxi
time (as in one more “;time”;)	zaus	time (general, ex: I have time)	lub sij hawm
train	lub tsheb ciav hlau	to travel	ncig teb chaws
to wait	tos	to walk	mus ko taw

Share an Experience

Give Background for an Experience

1. **May I share an experience?**
2. **A similar experience happened** *to my family***.**
   a. to my family
   b. to me
   c. to my parents
3. **When I lived** *with my parents***, ...**
   a. with my parents
   b. at home
   c. at the university
4. **When I** *was twelve years old***, ...**
   a. was twelve years old
   b. was in high school
   c. was a teenager

1. **Puas kam kuv qhia ib yam uas tau muaj rau kuv?**
2. *Kuv tsev neeg* **tau muaj ib lub sij hawm zoo li ntawd thiab.**
   a. Kuv tsev neeg
   b. Kuv
   c. Kuv niam thiab txiv
3. **Thaum kuv** *nrog kuv niam thiab txiv nyob***,….**
   a. nrog kuv niam thiab txiv nyob
   b. nyob tom tsev
   c. nyob tom tsev kawm ntawv qib siab
4. **Thaum kuv** *muaj kaum ob xyoos,….*
   a. muaj kaum ob xyoos,….
   b. tseem kawm ntawv siab
   c. yog ib tug tub hluas

baptism	txoj kev cai raus dej	to baptize	muab ua kev cai raus dej
to believe	ntseeg	Book of Mormon	Phau Ntawv Maumoos
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
death	txoj kev tuag	to die (be dead, be killed)	tuag
to die (go to the end of your life)	tas sim neej	family	tsev neeg
funeral	txoj kev pam tuag	to know	paub
to know someone	paub leej twg	to ordain	tsa
priesthood	lub pov thawj hwj	school	lub tsev kawm ntawv
story	zaj dab neeg	to study	kawm
temple	lub tuam tsev	testimony	zaj lus tim khawv
to think	xav	when (answer)	thaum
when (question)	thaum twg		

Share the Experience

1. **I decided to** *try and pray***.**
   a. try and pray
   b. read the Book of Mormon every day
   c. leave the party
2. **I had to make a choice to** *find out for myself***.**
   a. find out for myself
   b. obey that commandment
   c. do what I knew was right

1. **Kuv txiav txim siab tias kuv yuav** *sim thov Vajtswv***.**
   a. sim thov Vajtswv
   b. nyeem Phau Ntawv Maumoos txhua hnub
   c. tawm kev noj kev haus mus
2. **Kuv yuav tsum txiav txim siab** *nrhiav kom paub ntawm kuv tus kheej***.**
   a. nrhiav kom paub ntawm kuv tus kheej
   b. ua raws li txoj lus txib ntawd
   c. ua tej yam kuv paub tias yog lawm

3. **I wanted to find out if** *God was really there*.
   a. God was really there
   b. the Book of Mormon was true
   c. my life had a purpose

3. **Kuv xav paub** *Vajtswv puas nyob tiag tiag*.
   a. Vajtswv puas nyob tiag tiag
   b. Phau Ntawv Maumoos puas muaj tseeb
   c. kuv lub neej puas muaj ib lub ntsiab

after (following, behind)	tom qab	to ask	noog
baptism	txoj kev cai raus dej	before	ua ntej
blessing	txoj koob hmoov	challenge	kev cov nyom
desire	lub siab xav tau	faith	txoj kev ntseeg
to feel	hnov	feeling	lub siab xav
to find out	kawm txog	friend	tus phooj ywg
gospel	txoj moo zoo	guidance	txoj kev coj
to happen	muaj los	health	txoj kev noj qab nyob zoo
heart (dealing with emotions)	lub siab	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
help	txoj kev pab	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
inspiration	txoj kev tshoov siab	Jesus Christ	Yexus Khetos
later	ib tsam	love	txoj kev hlub
missionary work	cov tub txib txoj hauj lwm	next	tom ntej no
obedience (doing according to)	txoj kev ua raws li	obedience (listening to)	txoj kev mloog lus
opportunity	lub cib fim	to overcome (conquer, triumph)	kov yeej
patience	txoj kev ua siab ntev	peace	txoj kev thaj yeeb nyab xeeb
priesthood	lub pov thawj hwj	sacred	dawb ceev
sacrifice	txoj kev txi	to share	faib
Spirit	tus Ntsuj Plig	spiritual	sab ntsuj plig
strength	lub zog	to study	kawm
to think	xav	tithing	nyiaj ib feem kaum
true	muaj tseeb	truth	qhov tseeb
Word of Wisdom	Lo Lus Txawj Ntse		

Explain What Can Be Learned; Relate Experience to the Situation at Hand

1. **Because of this experience I understood that** *God lives*.
   a. God lives
   b. the church is true
   c. Heavenly Father listens to prayers

2. **I came to realize that** *obedience brings blessings*.
   a. obedience brings blessings
   b. God answers prayers
   c. Joseph Smith really was a prophet

3. **I learned that our Heavenly Father** *guides us during trials*.
   a. guides us during trials
   b. tests us because He loves us
   c. sends us His Spirit

1. **Vim muaj li no ces kuv thiaj to taub hais tias** *Vajtswv muaj txoj sia nyob*.
   a. Vajtswv muaj txoj sia nyob
   b. lub koom txoos muaj tseeb
   c. Leej Txiv Saum Ntuj Ceeb Tsheej mloog peb cov lus thov

2. **Kuv thiaj paub** *yog hais tias yus mloog lus ces yus tau koob hmoov*.
   a. yog hais tias yus mloog lus ces yus tau koob hmoov
   b. Vajtswv teb peb cov lus thov
   c. Yauxej Xamiv yog ib tug yaj saub tiag tiag

3. **Kuv kawm hais tias peb Leej Txiv Saum Ntuj Ceeb Tsheej** *coj peb mus thaum peb raug txom nyem*.
   a. coj peb mus thaum peb raug txom nyem
   b. sim peb lub siab vim Nws hlub peb
   c. xa Nws tus Ntsuj Plig los

4. **I learned that the Lord blesses us when we** *are obedient***.**
   a. are obedient
   b. seek Him in prayer
   c. have faith

4. **Kuv kawm hais tias tus Tswv yuav foom koob hmoov rau peb thaum peb** *mloog lus***.**
   a. mloog lus
   b. nrhiav nws los ntawm txoj kev thov ntuj
   c. muaj kev ntseeg

blessing	txoj koob hmoov	confused	ntxhov siab
frustrated	chim siab	grateful	ris txiaj
happy	kev zoo siab	peaceful	muaj kev thaj yeeb nyab xeeb
to realize	pom	sad	tu siab
trouble	xeeb txob	to understand	to taub

Talk with Everyone

Talk about the Message

1. **Families are very important to God.**
2. **God has a plan for us.**
3. **God has restored the gospel of Jesus Christ.**
4. **We have a message about** *Jesus Christ***.**
   a. Jesus Christ
   b. eternal families
   c. living prophets
5. **We have a prophet today who** *leads and guides us***.**
   a. leads and guides us
   b. speaks to us
   c. receives revelation from God
6. **We would like to talk to you about** *the plan of salvation***.**
   a. the plan of salvation
   b. Jesus Christ
   c. living prophets

1. **Tej tsev neeg yeej tseem ceeb heev rau Vajtswv.**
2. **Vajtswv muaj ib txoj hau kev rau peb.**
3. **Vajtswv tau muab Yexus Khetos txoj moo zoo txum tim rov qab los.**
4. **Peb muaj ib zag xov xwm txog** *Yexus Khetos***.**
   a. Yexus Khetos
   b. tsev neeg txoj kev nyob ua ke mus ib txhis
   c. cov yaj saub uas nyob hauv peb tiam no
5. **Peb muaj ib tug yaj saub niaj hnub nim no uas** *coj peb txoj hau kev***.**
   a. coj peb txoj hau kev
   b. hais lus rau peb
   c. txais kev tshwm sim los ntawm Vajtswv
6. **Wb xav nrog koj sib tham txog** *txoj kev cawm seej***.**
   a. txoj kev cawm seej
   b. Yexus Khetos
   c. cov yaj saub uas nyob hauv peb tiam no

Book of Mormon	Phau Ntawv Maumoos	to enjoy (activities/experiences)	nyiam
to enjoy (food/places)	xis	faith	txoj kev ntseeg
family	tsev neeg	to find	nrhiav tau
gospel	txoj moo zoo	happiness	txoj kev zoo siab
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv	Jesus Christ	Yexus Khetos
joy	txoj kev xyiv fab	to love	hlub
love	txoj kev hlub	message	zaj xov xwm
peace	txoj kev thaj yeeb nyab xeeb	priesthood	lub pov thawj hwj
prophet	tus yaj saub	to read	nyeem
restored	tau muab txum tim rov qab los	salvation	txoj kev cawm seej
to share	faib	Spirit	tus Ntsuj Plig
to talk	sib tham	truth	qhov tseeb

Invite to Learn More

1. **We would like to teach you more about** *God's plan***.**
   a. God's plan
   b. the Atonement
   c. through the Holy Ghost
2. **Would you like to learn more about** *the Book of Mormon***?**
   a. the Book of Mormon
   b. eternal families
   c. the restoration of the gospel
3. **May we come back another day?**

1. **Peb xav qhia koj ntxiv txog** *Vajtswv txoj hau kev***.**
   a. Vajtswv txoj hau kev
   b. txoj Kev Theej Txhoj
   c. los ntawm tus Ntsuj Plig Dawb Huv
2. **Koj puas xav kawm ntxiv txog** *Phau Ntawv Maumoos***?**
   a. Phau Ntawv Maumoos
   b. tsev neeg txoj kev nyob ua ke mus ib txhis
   c. txoj kev muab txoj moo zoo txum tim rov qab los
3. **Wb rov qab tuaj lwm hnub puas tau?**

to ask	noog	to come back (to a familiar place)	rov qab los
to come back (to an unfamiliar place)	rov qab tuaj	to find out	kawm txog
gospel	txoj moo zoo	happiness	txoj kev zoo siab
to invite	thov caw	Jesus Christ	Yexus Khetos
to learn	kawm	to listen	mloog
message	zaj xov xwm	plan	txoj hau kev
to prepare	npaj	to return (to a familiar/close place)	rov qab los
to return (to an unfamiliar/far-away place)	rov qab tuaj	to talk	sib tham
time (as in one more ";time";)	zaus	time (general, ex: I have time)	lub sij hawm

Ask about Others Who Might Be Interested

1. **Do you** *have friends* **who would be interested in our message?**
   a. have friends
   b. know anyone
   c. neighbors
   d. have family members
2. **Do you know anyone who would like to** *listen to our message***?**
   a. listen to our message
   b. receive a copy of the Book of Mormon
   c. receive a church video
3. **May we talk to** *your family* **about our message?**
   a. your family
   b. your husband
   c. your friends

1. **Koj puas** *muaj phooj ywg* **uas tej zaum yuav xav hnov peb zaj xov xwm?**
   a. muaj phooj ywg
   b. paub leej twg
   c. muaj cov kwv tij zej zog
   d. muaj cov neeg hauv koj tsev neeg
2. **Koj puas paub leej twg uas xav** *mloog wb zaj xov xwm***?**
   a. mloog wb zaj xov xwm
   b. txais ib Phau Ntawv Maumoos
   c. txais ib daim video ntawm peb lub koom txoos
3. **Wb qhia** *koj tsev neeg* **txog wb zaj xov xwm puas tau?**
   a. koj tsev neeg
   b. koj tus txiv
   c. koj cov phooj ywg

4. **Who else can we invite to** *hear our message*?
   a. hear our message
   b. participate in our discussion
   c. come to church

4. **Peb caw tau leej twg ntxiv los** *mloog peb zaj xov xwm*?
   a. mloog peb zaj xov xwm
   b. nrog peb sib tham
   c. tuaj tshawj

to ask	noog	circle of friends	cov phooj ywg
co–worker	tus nrog yus ua hauj lwm	family	tsev neeg
friend	tus phooj ywg	interested	xav paub txog
to invite	thov caw	to know someone	paub leej twg
to learn	kawm	to listen	mloog
message	zaj xov xwm	name	lub npe

Teach Others How to Pray

Explain What Prayer Is

1. **Prayer allows us to** *speak with our Heavenly Father***.**
   a. speak with our Heavenly Father
   b. gain a testimony of the gospel
   c. repent of our sins

2. **Prayer is a way to communicate with our Heavenly Father.**

3. **Through prayer, we can** *receive answers to our questions***.**
   a. receive answers to our questions
   b. receive direction in our lives
   c. be forgiven of our sins

1. **Txoj kev thov Vajtswv cia peb** *nrog peb Leej Txiv Saum Ntuj Ceeb Tsheej sib tham***.**
   a. nrog peb Leej Txiv Saum Ntuj Ceeb Tsheej sib tham
   b. tau ib zag lus tim khawv txog txoj moo zoo
   c. hloov siab lees txim txog peb tej kev txhaum

2. **Txoj kev thov Vajtswv yog ib txoj kev nrog peb Leej Txiv Saum Ntuj Ceeb Tsheej sib tham.**

3. **Thaum peb thov Vajtswv, peb** *txais tau lus teb rau peb cov lus noog***.**
   a. txais tau lus teb rau peb cov lus noog
   b. txais tau kev coj hauv peb lub neej
   c. txais tau kev zam txim rau peb tej kev txhaum

answer	lo lus teb	to ask	noog
to bless	foom koob hmoov	blessing	txoj koob hmoov
to communicate	sib tham	to confirm	pom zoo
to express	piav	to feel	hnov
to forgive	zam txim	gratitude	txoj kev ris txiaj
Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej	to know someone	paub leej twg
opportunity	lub cib fim	personal	ntawm yus tus kheej
power	lub hwj chim	private	tsis pub luag tej paub txog
to receive	txais	to thank	ua tsaug
truth	qhov tseeb		

Explain the Steps of Prayer

1. **First, we address our Father in Heaven.**

2. **Next, we thank Him for** *our blessings***.**
   a. our blessings
   b. His help
   c. His guidance

3. **Then, we ask Him** *for blessings***.**
   a. for blessings
   b. for help
   c. for things we need

4. **Finally, we close in the name of Jesus Christ, amen.**

1. **Qhov thib ib, peb hais rau peb Leej Txiv Saum Ntuj Ceeb Tsheej.**

2. **Tom qab ntawd, peb ua Nws tsaug rau** *peb cov koob hmoov***.**
   a. peb cov koob hmoov
   b. Nws txoj kev pab
   c. Nws txoj kev coj

3. **Ces, peb thov Nws** *foom koob hmoov rau peb***.**
   a. foom koob hmoov rau peb
   b. pab peb
   c. pub tej yam peb xav tau rau peb

4. **Thaum kawg, peb xaus peb cov lus los ntawm Yexus Khetos lub npe, amees.**

to address	hais lus rau	amen	amees
to ask	noog	to begin (start)	pib
blessing	txoj koob hmoov	to close (a speech, bring to a close)	xaus
to express	piav	gratitude	txoj kev ris txiaj
Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej	Jesus Christ	Yexus Khetos
to kneel	txhos caug	name	lub npe
step (in a process)	theem		

Ask about Someone's Feelings Regarding Prayer

1. **How do you think prayer can** *help you***?**
   a. help you
   b. strengthen you
   c. bless you
2. **How has prayer** *strengthened you***?**
   a. strengthened you
   b. helped you
   c. blessed you
3. **What do you think you should pray for?**
4. **Why do you think you should pray?**
5. **Why is prayer important?**

1. **Raws li koj xav, txoj kev thov Vajtswv** *pab tau koj* **li cas?**
   a. pab tau koj
   b. txhawb koj lub zog
   c. foom koob hmoov rau koj
2. **Txoj kev thov Vajtswv tau** *txhawb koj lub zog* **li cas?**
   a. txhawb koj lub zog
   b. pab koj
   c. foom koob hmoov rau koj
3. **Raws li koj xav koj yuav tsum thov txog dab tsi?**
4. **Raws li koj xav vim li cas yus yuav tsum thov Vajtswv?**
5. **Vim li cas kev thov Vajtswv tseem ceeb heev?**

to feel	hnov	feeling	lub siab xav
prayer	txoj kev thov Vajtswv	question	lo lus noog

Share Your Feelings Regarding Prayer

1. **I am very thankful for prayer.**
2. **Prayer helps me to** *find answers***.**
   a. find answers
   b. receive comfort
   c. feel peace

1. **Kuv ris txiaj heev rau kev thov Vajtswv.**
2. **Txoj kev thov Vajtswv pab kuv** *nrhiav tau cov lus teb***.**
   a. nrhiav tau cov lus teb
   b. txais tau kev nplij siab
   c. muaj kev thaj yeeb nyab xeeb

answer	lo lus teb	blessing	txoj koob hmoov
faith	txoj kev ntseeg	to feel	hnov
Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej	hope	txoj kev cia siab
Jesus Christ	Yexus Khetos	to know	paub
to love	hlub	to pray	thov Vajtswv
prayer	txoj kev thov Vajtswv	to receive	txais
thankful	ris txiaj		

Invite Someone to Pray

1. **Will you pray to Heavenly Father** *daily*?
   a. daily
   b. every night
   c. regularly

2. **Will you say the prayer?**

1. **Koj puas kam thov Leej Txiv Saum Ntuj Ceeb Tsheej** *txhua hnub*?
   a. txhua hnub
   b. txhua hmo
   c. ntau zaus

2. **Koj puas kam thov Vajtswv rau peb?**

to ask	noog	Book of Mormon	Phau Ntawv Maumoos
to find out	kawm txog	Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
to invite	thov caw	Jesus Christ	Yexus Khetos
Joseph Smith	Yauxej Xamiv	message	zaj xov xwm
to pray	thov Vajtswv	to thank	ua tsaug
today	hnub no	true	muaj tseeb
willing	kam		

Testify

State That You Know Something Is True

1. **I know that....**
2. **We can know through the Holy Ghost that** *the Book of Mormon is true***.**
   a. the Book of Mormon is true
   b. the gospel is true
   c. Gordon B. Hinckley is a prophet

1. **Kuv paub hais tias….**
2. **Vim muaj tus Vaj Ntsuj Plig Dawb Huv peb thiaj paub tau tias** *Phau Ntawv Maumoos muaj tseeb***.**
   a. Phau Ntawv Maumoos muaj tseeb
   b. txoj moo zoo muaj tseeb
   c. Gordon B. Hinckley yog ib tug yaj saub

to believe	ntseeg	to feel	hnov
grateful	ris txiaj	to know	paub
to testify	ua tim khawv	true	muaj tseeb
truth	qhov tseeb		

State a Truth

1. **God restored** *His gospel* **through Joseph Smith.**
   a. His gospel
   b. the Priesthood
   c. the ordinances of the Gospel
2. **Jesus Christ is** *our Redeemer***.**
   a. our Redeemer
   b. our Savior
   c. the Son of God
3. *The Gospel of Jesus Christ* **is true.**
   a. The Gospel of Jesus Christ
   b. the Book of Mormon
4. **The Book of Mormon contains** *the fullness of the Gospel***.**
   a. the fullness of the Gospel
   b. the writings of prophets in ancient America

1. **Vajtswv muab** *Nws txoj moo zoo* **txum tim rov qab los dhau los ntawm Yauxej Xamiv.**
   a. Nws txoj moo zoo
   b. lub Pov Thawj Hwj
   c. Txoj Moo Zoo tej kab ke
2. **Yexus Khetos yog** *peb tus Txhiv Dim***.**
   a. peb tus Txhiv Dim
   b. peb tus Cawm Seej
   c. Vajtswv Leej Tub
3. *Yexus Khetos Txoj Moo Zoo* **muaj tseeb.**
   a. Yexus Khetos Txoj Moo Zoo
   b. Phau Ntawv Maumoos
4. **Phau Ntawv Maumoos muaj** *tag nrho Txoj Moo Zoo nyob rau hauv***.**
   a. tag nrho Txoj Moo Zoo nyob rau hauv
   b. tej lus sau cia ntawm cov yaj saub uas nyob hauv Amelikas teb txheej thaum ub

State How You Know Something Is True

1. **I know this is true** *through the Holy Ghost***.**
   a. through the Holy Ghost
   b. through the blessings I have received
   c. by my obedience to this law
2. **I prayed, and God answered my prayer.**

1. **Kuv paub qhov no muaj tseeb** *los ntawm tus Ntsuj Plig Dawb Huv***.**
   a. los ntawm tus Ntsuj Plig Dawb Huv
   b. los ntawm cov koob hmoov kuv tau txais lawm
   c. vim kuv tau ua raws li txoj kev cai no
2. **Kuv tau thov Vajtswv, thiab Vajtswv teb kuv cov lus thov.**

to confirm	pom zoo	to feel	hnov
feeling	lub siab xav	good	zoo
heart (dealing with emotions)	lub siab	Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
joy	txoj kev xyiv fab	to know	paub
love	txoj kev hlub	mind	lub hlwb
peace	txoj kev thaj yeeb nyab xeeb	to ponder	xav zoo zoo txog
to receive	txais	Spirit	tus Ntsuj Plig
to testify	ua tim khawv	to witness	ua tim khawv

State Implications of Your Testimony

1. **Because of this testimony, I know that** *God answers our prayers***.**
   a. God answers our prayers
   b. the Book of Mormon is the word of God
   c. we have a prophet in our day
2. **Thanks to this testimony, I can** *live happily***.**
   a. live happily
   b. trust God
   c. overcome challenges
3. **This knowledge helps me when** *I need comfort***.**
   a. I need comfort
   b. I have an important decision to make
   c. I am sad

1. **Vim kuv muaj ib zag lus tim khawv li no, kuv paub tias** *Vajtswv teb peb cov lus thov***.**
   a. Vajtswv teb peb cov lus thov
   b. Phau Ntawv Maumoos yog Vajtswv txoj lus
   c. peb muaj ib tug yaj saub niaj hnub nim no
2. **Vim kuv muaj ib zaj lus tim khawv li no, kuv thiaj** *txais tau kev zoo siab***.**
   a. txais tau kev zoo siab
   b. cia siab rau Vajtswv
   c. kov yeej tej teeb meem
3. **Qhov uas kuv paub li no pab kuv thaum** *kuv xav tau kev nplij siab***.**
   a. kuv xav tau kev nplij siab
   b. kuv yuav tsum txiav txim siab txog ib yam tseem ceeb
   c. kuv tu siab

to change (alter)	hloov	to change (switch)	pauv
closer	ze dua	to desire (strongly desire)	ntshaw
to desire (to want)	xav tau	to feel	hnov
forgiveness	txoj kev zam txim	God	Vajtswv
heart (dealing with emotions)	lub siab	joy	txoj kev xyiv fab
love	txoj kev hlub	to receive	txais
to serve (render service)	pab	strength	lub zog
truth	qhov tseeb		

Express Gratitude or Love

1. **I am thankful** *for the gospel***.**
   a. for the gospel
   b. for the love of our Heavenly Father
   c. for the scriptures
2. **I am thankful to my Heavenly Father** *for this knowledge***.**
   a. for this knowledge
   b. for His blessings
   c. for the plan of salvation
3. **I love** *Jesus Christ***.**
   a. Jesus Christ
   b. the members of this ward
   c. my Heavenly Father

1. **Kuv ris txiaj rau** *txoj moo zoo***.**
   a. txoj moo zoo
   b. peb Leej Txiv Saum Ntuj Ceeb Tsheej txoj kev hlub
   c. cov vaj lug kub
2. **Kuv ris txiaj rau kuv Leej Txiv Saum Ntuj Ceeb Tsheej vim** *kuv paub li no***.**
   a. kuv paub li no
   b. Nws foom koob hmoov rau kuv
   c. peb muaj txoj kev cawm seej
3. **Kuv hlub** *Yexus Khetos***.**
   a. Yexus Khetos
   b. cov mej zeej hauv pawg ntseeg no
   c. kuv Leej Txiv Saum Ntuj Ceeb Tsheej

blessed	tau koob hmoov	grateful	ris txiaj
opportunity	lub cib fim		

Use the Scriptures

Indicate that You Would Like to Share a Scripture

1. **Let's read a scripture about** *repentance*.
   a. repentance
   b. baptism
   c. faith

2. **May we read a scripture** *in the Book of Mormon* **together?**
   a. in the Book of Mormon
   b. in the Doctrine and Covenants
   c. in the New Testament

1. **Cia peb nyeem ib nqe vaj lug kub hais txog** *txoj kev hloov siab lees txim*.
   a. txoj kev hloov siab lees txim
   b. txoj kev cai raus dej
   c. txoj kev ntseeg

2. **Peb nyeem ib nqe vaj lug kub** *hauv Phau Ntawv Maumoos* **ua ke puas tau?**
   a. hauv Phau Ntawv Maumoos
   b. hauv phau Lus Qhuab Qhia thiab Kev Khi Lus
   c. hauv Phau Tshiab

about	txog	to explain	piav
to like	nyiam	principle	lub ntsiab cai
to read	nyeem	to share	faib
there is (there are)	muaj	thought	txoj kev xav

Say Where the Scripture Is Found

1. **It's on page....**

2. **This passage is found** *in the Book of Mormon*.
   a. in the Book of Mormon
   b. in John, fourteen, six (John 14:6)
   c. on page ....

1. **Nyob hauv daim nplooj….**

2. **Zaj no nyob** *hauv Phau Ntawv Maumoos*.
   a. hauv Phau Ntawv Maumoos
   b. hauv phau Yauhas tshooj kaum plaub, nqe rau
   c. hauv daim nplooj ….

Bible	phau Vaj Lug Kub Npaiv Npaum	Book of Mormon	Phau Ntawv Maumoos
chapter	tshooj	Doctrine and Covenants	phau Lus Qhuab Qhia thiab Kev Khi Lus
to find	nrhiav tau	New Testament	Phau Tshiab
Old Testament	Phau Qub	on	rau saum
page	daim nplooj	Pearl of Great Price	phau Hlaws uas Muaj Nqi
to read	nyeem	scripture	vaj lug kub
section	ib feem	verse	nqe

Provide Background and Context for the Scripture

1. **From these verses, we learn the importance of** *agency*.
   a. agency
   b. baptism
   c. repentance

2. **Here the prophet ... is teaching the people.**

1. **Los ntawm tej nqe vaj lug kub no, peb kawm hais tias** *kev ywj siab xaiv* **tseem ceeb npaum li cas.**
   a. kev ywj siab xaiv
   b. txoj kev cai raus dej
   c. txoj kev hloov siab lees txim

2. **Nyob no tus yaj saub … tab tom qhia tib neeg.**

3. **In these verses we learn about** *repentance*.
   a. repentance
   b. the Atonement
   c. tithing

4. **This scripture explains** *what will happen in the resurrection*.
   a. what will happen in the resurrection
   b. where we were before this life
   c. why Christ had to suffer so much

5. **This event in the scriptures takes place** *after Christ's resurrection*.
   a. after Christ's resurrection
   b. six hundred years before the Savior's birth
   c. in the wilderness

3. **Hauv tej nqe no, peb kawm txog** *txoj kev hloov siab lees txim*.
   a. txoj kev hloov siab lees txim
   b. txoj Kev Theej Txhoj
   c. txoj kev them ib feem kaum

4. **Nqe vaj lug kub no piav** *yuav muaj li cas thaum lub caij sawv hauv qhov tuag rov qab los*.
   a. yuav muaj li cas thaum lub caij sawv hauv qhov tuag rov qab los
   b. peb nyob qhov twg ua ntej lub neej no
   c. vim li cas Khetos yuav tsum raug txom nyem loj kawg

5. **Lub sij hawm uas nyob hauv vaj lug kub no pib** *tom qab Khetos sawv hauv qhov tuag rov qab los*.
   a. tom qab Khetos sawv hauv qhov tuag rov qab los
   b. rau pua xyoo ua ntej tus Cawm Seej yug los
   c. nyob hauv roob moj sab qhua

about	txog	charity	txoj kev siab hlub
to explain	piav	people	cov neeg
righteous	ncaj ncees	section	ib feem
to talk	sib tham	to teach (preach)	qhia
verse	nqe	war	txoj kev ua tsov ua rog
wicked	phem		

Invite Someone to Look for Important Points While Reading

1. **As we read, please pay attention to** *the Lord's response*.
   a. the Lord's response
   b. your feelings
   c. the word ";repentance";

2. **In these verses, see if you can find** *the meaning of faith*.
   a. the meaning of faith
   b. the purpose of the commandments
   c. what Nephi did to receive an answer

1. **Thaum peb nyeem, thov ua tib zoo mloog seb** *tus Tswv tau teb li cas*.
   a. tus Tswv tau teb li cas
   b. koj xav li cas
   c. nws hais dab tsi txog lo lus ";hloov siab lees txim";

2. **Nyob hauv tej nqe no, sim seb koj puas kawm** *txoj kev ntseeg txhais li cas*.
   a. txoj kev ntseeg txhais li cas
   b. lub ntsiab ntawm cov lus txib yog dab tsi
   c. Nifais tau ua li cas thiaj tau lus teb

to apply (relate)	piv	during	thaum
important	tseem ceeb	to look for	nrhiav
to notice	pom	principle	lub ntsiab cai
promise	lo lus cog tseg	to read	nyeem
to think	xav	while	thaum uas

Ask Someone to Read the Scripture

1. **In this passage, it says....**
2. **Would you please read** *this passage* **aloud?**
   a. this passage
   b. this scripture
   c. this verse

1. **Nyob hauv nqe vaj lug kub no nws hais tias….**
2. **Koj puas kam nyeem** *zaj no* **rau peb?**
   a. zaj no
   b. nqe vaj lug kub no
   c. nqe no

aloud	nrov	please	thov
to read	nyeem	scripture	vaj lug kub
verse	nqe		

Apply the Scripture

1. **According to this verse, why is** *baptism* **so important?**
   a. baptism
   b. faith
   c. repentance
2. **What do you think** *enduring to the end* **means?**
   a. enduring to the end
   b. planting the seed
   c. upbraiding
3. **How can we** *feast upon the word***?**
   a. feast upon the word
   b. endure to the end
   c. be perfected in Christ
4. **Why is it so important to** *love our enemies***?**
   a. love our enemies
   b. have charity
   c. submit to God's will

1. **Raws li nqe vaj lug kub no qhia, vim li cas** *txoj kev cai raus dej* **tseem ceeb?**
   a. txoj kev cai raus dej
   b. txoj kev ntseeg
   c. txoj kev hloov siab lees txim
2. **Raws li koj xav,** *txoj kev nyiaj mus txog hnub kawg* **txhais tau li cas?**
   a. txoj kev nyiaj mus txog hnub kawg
   b. cog lub noob
   c. cem
3. **Peb yuav ua li cas thiaj li yuav** *kawm kom to taub tej lus***?**
   a. kawm kom to taub tej lus
   b. nyiaj kom mus txog thaum kawg
   c. ua kom zoo tag nrho hauv Khetos
4. **Yog vim li cas nws tseem ceeb heev uas peb yuav tsum** *hlub peb cov yeeb ncuab***?**
   a. hlub peb cov yeeb ncuab
   b. muaj kev siab hlub
   c. ua raws li Vajtswv lub siab nyiam

to apply (relate)	piv	to become	rais los ua
to bless	foom koob hmoov	blessing	txoj koob hmoov
to change (alter)	hloov	to change (switch)	pauv
example (analogy)	qhov piv txwv	example (model)	tus yam ntxwv
experience	tej yam yus ua	faith	txoj kev ntseeg
how	li cas	to mean	txhais tias
scripture	vaj lug kub	testimony	zaj lus tim khawv

Entertainment, Free Time, and Holidays

Interests and Hobbies

camping	pw hav zoov	collecting	khaws tej khoom
computer	lub koos pis tawj	cooking	ua mov noj
dancing	dhia piav tes taw	hiking	nce roob
reading	nyeem ntawv	sport	txoj kev sib twv
traveling	ncig teb chaws		

Arts

actor	tus neeg ua yeeb yam	ballet	dhia piav tes taw
movie	tus yeeb yam	museum	lub tsev khaws puav pheej
music	zaj nkauj	play	ua si
theater	lub tsev ua yeeb yam	ticket	pib
tour	ncig saib		

Sports

ball	lub pob	baseball (softball)	ntaus npas
basketball	pov npas	to bike	caij luv thij
biking	txoj kev caij luv thij	climbing	nce roob
football (not American)	ncaws npas	game	txoj kev ua si
golfing	ntaus golf	to hit	ntaus
to kick	ncaws	match (competition)	sib tws
to move (movement)	txav	to play	ua si
race	sib tws khiav	to run	khiav
running	khiav	soccer	ncaws npas
to swim	ua luam dej	swimming	ua luam dej
team	pawg	tennis	ntaus tennis
to throw (pitch)	txawb	to throw (toss)	pov
volleyball	ntaus npas		

Musical Terms

band	pawg tshuab nkauj	choir	pawg hu nkauj
drums	lub nruas	flute	tus raj nplaim
guitar	lub guitar	horn	tus kub
instrument	khoom ua nkauj	lesson	tej lus qhia
music	zaj nkauj	note	tus ntawv suab nkauj
orchestra	pawg tshuab nkauj	piano	lub piano
to play	ua si	to practice	xyaum
to sing	hu nkauj	trumpet	lub raj
violin	lub nkauj laus ncas		

Holidays

birthday	hnub yug	to celebrate	ua kev zoo siab
Christmas	hnub Christmas	Christmas tree	tsob ntoo Christmas
decorations	tej khoom dai zoo nkauj	Easter	Hnub Yexus Sawv Rov Los
Father’s Day	Txiv Hnub	gift (a present)	khoom plig
Happy New Year	Nyob Zoo Xyoo Tshiab	holiday	hnub phav
Independence Day	Hnub Ywj Pheej	Memorial Day	hnub nco txog cov tub rog
Merry Christmas	Nyob Zoo Christmas	Mother’s Day	Niam Hnub
New Years	Noj Peb Caug	party	txoj kev ua noj ua haus
Santa Claus	tus Yawg Laus Santa Claus	Thanksgiving	Hnub Ris Txiaj

Medical and Health

Illnesses

allergies	tej yam tsis haum lub cev	burn	kub hnyiab
chicken pox	qhua maj	cold (illness)	mob khaub thuas
flu	ua npaws	ill	tsis xis nyob
measles	qhua pias	parasites	tus kab
pneumonia	kab mob ntsws		

Illness Treatments

antibiotic	tshuaj ntaus kab mob	aspirin	lub tshuaj noj zoo mob taub hau
bandage	daim ntaub npog mob	cough drop	lub tshuaj hnoos
cream (medecine)	tshuaj pleev	dosage	noj tshuaj raws caij nyoog
drop	tee	medicine	tshuaj
ointment	tshuaj pleev	pill	ntsiav tshuaj
shot	txhaj tshuaj	vaccination	txhaj tshuaj tiv thaiv kab mob
vitamins	tshuaj		

Illness Symptoms

achy	mob	to bleed	los ntshav
chills	ua daus no	cold (to the touch)	txias
to cough	hnoos	cough	hnoos
to cry (weep)	quaj	depressed	nyuaj siab kho siab
dizzy	kiv taub hau	energy	lub zog
to feel	hnov	fever	ua npaws
headache	dias taub hau	to hurt	mob
nauseated	xeev siab	pain	kev mob
runny nose	los ntswg	sick	mob
to sneeze	txham	sore	txoj kev mob
sore throat	mob qa	stuffy nose	txhawb ntswg
symptom	yam uas qhia tias muaj mob	temperature	cua kub cua txias
tired	nkees	to vomit	ntuav
weak	qaug zog	wound	kiav txhab

The Human Body

ankle	lub pob taws	arm	txhais caj npab
back (lower)	lub duav	back (upper)	lub nraub qaum
blood	cov ntshav	body	lub cev
brain	lub hlwb	cheek	sab plhu
chest	lub hauv siab	chin	lub puab tsaig
ear	lub pob ntseg	elbow	lub luj tshib
eye	lub qhov muag	finger	tus ntiv tes
foot	txhais ko taw	forehead	lub hauv pliaj
gums	pos hniav	hair	cov plaub hau
hand	txhais tes	head	lub taub hau
heart (organ)	lub plawv	heel	lub luj taw
joint	pob qij txha	knee	lub hauv caug

leg	txhais ceg	lips	daim di ncauj
lung	lub ntsws	mouth	lub qhov ncauj
neck	lub caj dab	nose	lub qhov ntswg
shoulder	lub xwb pwg	skin	daim tawv nqaij
stomach	lub plab	teeth	cov hniav
throat	lub caj pas	thumb	tus ntiv tes xoo
toe	tus ntiv taw	tongue	tus nplaig
tooth	tus hniav	wrist	lub dab teg

The Human Body Senses

blind	dig muag	deaf	lag ntseg
to feel	hnov	to hear	hnov
hearing	txoj kev hnov lus	noise	lub suab nrov
to see	pom	sense	txoj kev hnov
sight	txoj kev pom	to smell	hnia
smell	txoj kev hnia	sound	lub suab
to taste	saj	taste	qhov saj
to touch	kov		

Medical Terms

accident	xwm txheej	adult	tus neeg laus
age	hnub nyoog	ambulance	lub tsheb thauj neeg mob
appointment	lub teem caij	cavity	kab noj hniav
to check	kuaj xyuas	to clean (clean up)	tu
to crash	sib tsoo	dentist	tus kws kho hniav
doctor	tus kws kho mob	drug store	lub tsev muag tshuaj
emergency	kam ceev	female	tus poj niam
to fill	ua kom puv	height (tall)	siab
hospital	lub tsev kho mob	needle	rab koob
nurse	tus nais maum	pharmacy	lub tsev muag tshuaj
prescription	ntawv yuav tshuaj los ntawm kws tshuaj	to pull (pull out/ extract)	rho
to pull (tug on)	rub	surgery	txoj kev phais
to test	sim	weight	hnyav
x–ray	xoo fai fab		

Personal Care

Hygiene

after shave	tshuaj pleev tom qab chais hwj txwv	to bathe	da dej
to brush (hair)	ntsis	to brush (teeth)	txhuam
clippers	rab txiav rau tes	to comb	ntsis
comb	lub zuag	conditioner	tshuaj ua rau plaub hau mos
to cut (chop)	txiav	deodorant	tshuaj pleev qhov tsos
floss	txoj xov dig hniav	gel	kua kho plaub hau
to get dressed	hnav khaub ncaws	hair brush	tus nplauv ntsis plaub hau
hairspray	tshuaj tsuag plaub hau	lotion	tshuaj kom cov nqaij tawv mos
to prepare	npaj	razor	rab chais hwj txwv
scissors	rab txiav	shampoo	tshuaj zawv plaub hau
to shave	chais	shaving cream	tshuaj chais hwj txwv
to shower	da dej	soap	xub npus
toothbrush	tus txhuam hniav	toothpaste	tshuaj txhuam hniav
to trim	txiav me ntsis	to wash	ntxhua

Makeup

beauty	qhov zoo nkauj	foundation	lub hauv paus
lipstick	mem pleev di ncauj	makeup	khob peeb
to put on makeup	thas ntsej muag		

Home, Family, and People Characteristics

Family Relations

aunt (father's sister)	tus phauj	aunt (mother's sister)	tus niam tais
baby	tus me nyuam mos liab	brother (as called by a female)	tus nus
brother–in–law (sister's husband)	tus yawm yij	child	tus me nyuam
cousin (from father's side)	tus kwv tij	cousin (from mother's side)	tus neej tsa
daughter	tus ntxhais	extended family	cov kwv tij neej tsa
family	tsev neeg	father	tus txiv
father–in–law (as called by man)	tus yawm txiv	father–in–law (as called by woman)	tus txiv yawg
girl	tus me nyuam ntxhais	grandchild	tus xeeb ntxwv
granddaughter	tus ntxhais xeeb ntxwv	grandfather (from father's side)	tus yawg
grandfather (on mother's side)	tus yawm txiv	grandmother (from father's side)	tus pog
grandmother (on mother's side)	tus niam tais	grandparents	pog thiab yawg
grandson	tus tub xeeb ntxwv	great–grandchild	tus xeeb ntxwv
great–grandparents	poj koob yawg koob	husband	tus txiv
immediate family	tsev neeg	mother	tus niam
mother–in–law (as called by man)	tus niam tais	mother–in–law (as called by woman)	tus niam pog
nephew	tus tij laug tus tub	niece	tus tij laug tus ntxhais
older brother (as called by a male)	tus tij laug	parents	niam thiab txiv
relative	tus txheeb ze	sibling	tus kwv tij nus muam
sister (as called by female)	tus viv ncaus	sister (as called by male)	tus muam
sister–in–law (as called by female)	tus nyab	sister–in–law (older brother's wife as called by male)	tus niam tij
sister–in–law (younger brother's wife as called by male)	tus niam ntxawm	son	tus tub
son–in–law	tus vauv	spouse	tus txij nkaum
step–father	tus txiv tshiab	step–mother	tus niam tshiab
uncle (father's older brother)	tus txiv hlob	uncle (father's younger brother)	tus txiv ntxawm
uncle (mother's brother)	tus dab laug	wife	tus poj niam
younger brother (as called by a male)	tus kwv		

Family Terms

adopted	yuav me nyuam	born	yug los
dead (more blunt)	tuag lawm	dead (more proper)	tas sim neej
divorced	sib nrauj	engaged	sib qhaib
to kiss	hnia	married	sib yuav lawm
pregnant	xeeb me nyuam	raised	tu lawm
separated	sib ncaim	single	ib leeg
widow	tus poj ntsuam		

Home Terms

attic	lub nthab	basement	lub hauv qab lawj
bathroom	lub chav dej	bedroom	lub chav pw
dining room	lub chav noj mov	empty	tsis muaj dab tsi hauv
fence	txoj laj kab	garage	lub chav nres tsheb
garden	lub vaj	grass	cov nyom
hall	lub chav ntev	kitchen	lub chav ua mov
laundry room	lub chav ntxhua khaub ncaws	lawn	cov nyom
living room	lub chav nyob	roof	lub ruv tsev
room	lub chav	stairs	cov ntaiv
yard	lub thaj chaw ib ncig tsev		

Home Furnishings, Tools, and Things

bed	lub txaj	cabinet	lub txee
carpet	daim ntaub pua taw rooj	ceiling	lub qab nthab
chair (seat)	lub rooj zaum	closet	lub tub dai khaub ncaws
computer	lub koos pis tawj	counter	lub rooj
cupboard	lub txee	curtains	daim ntaub qhov rais
desk	lub rooj sau ntawv	dishes	cov tais diav
dishwasher	lub tshuab ntxuav tais diav	drawer	lub tub rau khoom
dresser	lub tub rau khaub ncaws	dryer	lub tshuab ziab khaub ncaws
engine	lub cav	floor	daim npoo tsev
furniture	tej rooj tog	hammer	rab rauj
iron	lub liv khaub ncaws	lamp	lub teeb
lock	lub nruas phoo	machine	lub tshuab
magazine	phau ntawv xov xwm	mirror	daim iav
nail	tus ntsia hlau	newspaper	phau ntawv xov xwm
oven	lub qhov cub	radio	lub xov tooj cua
refrigerator (freezer)	lub tub yees	rope	txoj hlua
scale	lub ntsuas	screw	tus ntsia hlau
shelf	lub txee	shower	da dej
sink	lub dab ntxuav tes	sofa	lub rooj zaum
stove	lub qhov cub	table	lub rooj
television	lub TV	toilet	lub viv
tool	rab cuab yeej	tub	lub dab ntxuav cev
wall	daim phab ntsa	washing machine	lub tshuab ntxhua khaub ncaws
window	lub qhov rais		

Cleaning Supplies

broom	tus khaub rhuab	brush	tus txhuam
bucket	lub thoob	to clean (clean up)	tu
to dust	so kom tsis muaj plua tshauv	to mop	txhuam hauv av
mop	tus txhuam tsev	to organize	txhim tsa
rag	txoj phuam	sponge	daim ntaub ntxuav tais diav
to sweep	cheb	to vacuum	nqus tsev
vacuum	nqus tsev	to wash	ntxhua

Home Types

apartment	lub tsev kem	first floor	theem thib ib
ground floor	theem thib ib	high–rise	lub tsev siab
house (home)	lub tsev	mobile home	lub tsev uas yus cab tau
second floor	theem thib ob	town house	lub tsev

Personality Traits and Characteristics

courage	ua siab loj	enthusiastic	nquag
friendly	siab zoo	fun	lom zem
happy	kev zoo siab	intelligent	txawj ntse
joke	lus dab ros	lazy	tub nkeeg
mean	nyaum	native	haiv neeg ib txwm nyob
nice (kind)	siab zoo	normal	tsis txawv
outgoing	tsis txaj muag	patient	muaj siab ntev
pride	siab hlob	rich	nplua nuj
sad	tu siab	selfish	cuaj khaum
serious	tiag tiag	shy	txaj muag
smile	luag ntxhi	strange	txawv
tall	siab	wealth	nyiaj txiag

Places and Travel

Compass Directions

east	sab hnub tuaj	north	sab qaum teb
northeast	sab qaum teb thiab sab hnub tuaj	northwest	sab qaum teb thiab sab hnub poob
south	sab qab teb	southeast	sab qab teb thiab sab hnub tuaj
southwest	sab qab teb thiab sab hnub poob	west	sab hnub poob

Continents

Asia	Exias	continent	thooj av teb chaws
North America	Amelikas Sab Qaum Teb	South America	Amelikas Sab Qab Teb

Places in Town

airport	lub tshav dav hlau	bakery	lub tsev ua qhob cij
bank	lub txhab nyiaj	barber shop	lub tsev txiav plaub hau
bus station	qhov chaw tos npav	church (building)	lub tsev koom txoos
church (organization)	lub koom txoos	drug store	lub tsev muag tshuaj
dry cleaners	lub tsev ntxhua khaub ncaws qhuav	gas station	lub tsev yuav roj
grocery store	lub tsev muag khoom noj	hospital	lub tsev kho mob
hotel	lub tsev xaub pw	laundromat	lub tsev ntxhua khaub ncaws
library	lub tsev qiv ntawv	market	lub kiab khw
park	lub tshav pob	pharmacy	lub tsev muag tshuaj
police station	lub tsev tub ceev xwm	post office	lub tsev xa ntawv
restaurant	lub tsev muag zaub mov	salon	lub tsev txiav plaub hau
school	lub tsev kawm ntawv	store	lub khw muag khoom
train station	lub tsev tos tsheb ciav hlau		

City Features

alley	txoj kev ti	bridge	tus choj
building	lub tsev loj	city	lub nroog
country	lub teb chaws	downtown	lub hauv plawv nroog
freeway	txoj kev loj	highway	txoj kev loj
hometown	lub zos	intersection	txoj kev sib tshuam
office	lub hoob kas	railroad tracks	tej kev rau lub tsheb ciav hlau
sidewalk	txoj kev taug ko taw	sign	daim paij
stoplight (traffic light)	lub teeb liab	store	lub khw muag khoom
street (avenue)	txoj kev	town	lub zos
village	lub zos	way (path, road, route)	txoj kev

Banking

bill	tus nqi	to charge	tiv nqi
check	daim tshev	credit card	daim npav tiv nqi
debit card	daim npav debit	deposit	coj mus tso cia
savings	nyiaj ceev cia	withdrawal	rho tawm

Laundry

automatic	cia li ua yam tsis tau xav li	coin	diam nyiaj npib
dryer	lub tshuab ziab khaub ncaws	dryer sheet	daim ntaub ua rau khaub ncaws mos mos
to fold	tais	laundry	ntxhua khaub ncaws
laundry soap	xub npus ntxhua khaub ncaws	washing machine	lub tshuab ntxhua khaub ncaws

Post Office

envelope	lub hnab ntawv	letter	tsab ntawv
mail	tsab ntawv	to mail	xa ntawv
mailbox	lub thawv txais ntawv	package	lub thawv
post card	tsab ntawv	postal code	tus naj npawb xa ntawv
to send	xa	stamp	daim stamp

Transportation Terms

airplane	lub dav hlau	to arrive	mus txog los sis tuaj txog
bicycle (bike)	lub luv thij	boat	lub nkoj
bus	lub tsheb npav	car	lub tsheb
to change trains	hloov lub tsheb ciav hlau	to depart	tawm mus
to drive	tsav	fuel	cov roj
hurry (b/c of some outside force)	maj	hurry (b/c you want to)	rawm
map	daim pheem thib	motorcycle	lub mo taus
non–smoking	tsis haus luam yeeb	to ride	caij
round trip	mus rov qab los	ship	lub nkoj
smoking	haus luam yeeb	subway	lub tsheb ciav hlau hauv qab av
to take a bus	caij npav	taxi	lub taxi
ticket	pib	train	lub tsheb ciav hlau
to transfer	xa mus lwm qhov	trip	txoj kev ncig mus
van	lub tsheb loj	vehicle	lub tsheb
wheel	lub log	wreck	tsheb sib tsoo

Citizenship Terms

birth certificate	daim ntawv pov thawj rau kev yug los	certificate	daim ntawv pov thawj
citizen	tus pej xeem	citizenship	xam xaj
community	cov kwv tij zej zog	court	lub tsev hais plaub
driver's license	daim ntawv tso cai tsav tsheb	flag	daim chij
government	tus tseem fwv	immigrant	tus neeg txawv teb chaws
international	lwm lub teb chaws	law	txoj kev cai
nationality	hom neeg	notarization	tus tseem fwv pom zoo
permit	daim tso cai	policeman	tus tub ceev xwm
society	tus pej xeem	title	phau ntawv lub npe
to vote	pov ntawv		

Nature

Weather

air	pa	blizzard	daus xib daus npus
to blow	tshuab	bright	ci ci
cloud	cov huab	cold (weather/physical state)	no
cool	txias	earthquake	av qeeg
flood	dej nyab	fog	pos huab
hail	lawg	heat	cua sov
hot (weather/physical state)	sov	humidity	vaum
hurricane	nag xob nag cua	lightning	xob laim
rain	nag	to rain	los nag
snow	daus	to snow	los daus
storm	cua daj cua dub	sunshine	tshav ntuj
temperature	cua kub cua txias	thunder	xob quaj
to thunder	xob quaj	thunderstorm	nag xob nag cua
tornado	cov khaub lig cua	warm	sov
weather	huab cua	wind	cua

Seasons

autumn	lub caij nplooj ntoo zeeg	spring	lub caij nplooj ntoo hlav
summer	lub caij sov	winter	lub caij no

Land Animals

animal	tus tsiaj txhu	bird	tus noog
cat	tus miv	chicken (animal)	tus qaib
cow	tus nyuj	dog (older word)	tus dev
dog (puppy/newer word)	tus aub	duck	tus os
elephant	tus ntxhw	goat	tus tshis
horse	tus nees	lion	tus tsov ntxhuav
monkey	tus liab	pig	tus npua
rat	tus nas tsuag	sheep	tus yaj
snake	tus nab	tiger	tus tsov

Water Animals

crab	tus khauj khaum	fish (animal)	tus ntses
shark	tus ntses phem	shrimp	tus cw
turtle	tus vaub kib	whale	tus ntses loj loj

Insects and Bugs

ant	tus ntsaum	bee	tus muv
butterfly	tus npauj npaim	cockroach	tus kab laum
fly	tus yoov	insect	tus kab
ladybug	tus kab	lice	tus ntshauv
mosquito	tus yoov tshaj cum	spider	tus kab laug sab

Geographical Features

beach	ntug dej hiav txwv	coast	ntug dej hiav txwv
deep	tob	desert	roob moj sab qhua
dirt	cov av	field	lub tshav
flat	tiaj	forest	hav zoov
hill	lub toj	island	koog pov txwv
lake	lub pas dej loj	land	daim thaj av
mountain	lub roob	ocean	tus dej hiav txwv
pond	lub pas dej	river	tus dej
rock	lub pob zeb	sand	cov hmoov zeb
sea	tus dej hiav txwv	sky	lub ntuj
stream	tus me nyuam dej	valley	lub hav
wood	ntoo		

Plants, Flowers, and Trees

flower	lub paj ntoos	leaf	daim nplooj
palm	xib teg	to plant	cog
rose	lub paj dauj kub lag	seed	lub noob
sunflower	lub paj hnub hlis		

School and Work

School Terms

college (university)	lub tsev kawm ntawv qib siab	degree	daim ntawv pov thawj zoo
elementary school	lub tsev kawm ntawv theem pib	exam	qhov xeem ntawv
grade	qib kawm ntawv	grade level	qib kawm ntawv
high school	lub tsev kawm ntawv siab	major	tseem ceeb heev
middle school	lub tsev kawm ntawv nruab nrab	student	tus kawm
teacher (master)	tus xib hwb	technical college	lub tsev kawm ua hauj lwm

School Subjects and Majors

art	txoj kev teeb duab	business	txoj kev ua laj ua luam
computer science	txoj kev kawm koos pis tawj	engineering	txoj kev ua tsev
English (American)	lus Mikas	English (England)	lus As–Kiv
foreign language	hom lus txawv yus hais	humanities	txoj kev kawm txog tib neeg tej tswv yim
law	txoj kev cai	mathematics	txoj kev ua lej
medicine	tshuaj	music	zaj nkauj
psychology	kawm paj hlwb	science	kawm tej txuj ci

Work Terms

application	daim ntawv thov hauj lwm	company	lub tsev hauj lwm
education	txoj kev kawm	employee	tus ua num
employer	tus tswv num	to fire	ntiab tawm hauj lwm mus
full–time	puv sij hawm	to hire	ntiav
internship	xyaum ua hauj lwm	interview	lub xam phaj
job (career)	txoj hauj lwm	to lay off	poob hauj lwm
part–time	ib nrab sij hawm	position	qhov chaw
to quit	tseg	resume	daim ntawv qhia txog yus tej hauj lwm
skill	txoj kev muaj cuab kav	unemployment	nyiaj poob hauj lwm
wage	nyiaj hli	work	txoj hauj lwm

Work Professions

administrator	tus thawj tswj tuav dej num	businessman	tus neeg ua laj ua luam
doctor	tus kws kho mob	electrician	tus kws kho fai fab
engineer	tus kws ua tsev	farmer	tus neeg ua liaj ua teb
lawyer	tus neeg hais plaub ntug	mechanic	tus kws kho tsheb
profession	txoj num	scientist	tus kws txuj
teacher (master)	tus xib hwb		

Eating and Food

Eating Terms

to bite	tom	bottle	lub hwj
bowl	tais	breakfast	pluas tshais
to chew	ntsuas	cup	lub khob
dinner	pluas hmo	to drink	haus
to eat	noj	fork	rab rawg
glass	lub khob iav	hunger	txoj kev tshaib plab
knife	rab riam	lunch	pluas su
plate	daim phiaj	spoon	rab diav
supper	pluas hmo	to swallow	nqos
sweet	qab zib	thirst	txoj kev nqhis dej

Beverages

beer	npias	beverage	dej
coffee	dej kas fes	juice	kua txiv hmab txiv ntoo
milk	mis nyuj	soda	dej pev xij
tea	dej this	water	dej
wine	dej cawv txiv hmab		

Meats

bacon	nqaij npua kib	chicken (food)	nqaij qaib
fish (food)	nqaij ntses	ground beef	nqaij nyuj zom
ham	nqaij npua	meat	nqaij
pork	nqaij npua	sausage	cov hnyuv ntxwm
steak	nqaij nyuj	turkey (food)	nqaij qaib ntxhwv

Fruits and Vegetables

apple	txiv av paum	banana	txiv tsawb
broccoli	zaub cob pob	carrot	zaub pwm liab
corn	pob kws	fruit	lub txiv
grapes	txiv hmab	lettuce	zaub ntsuab
onion	dos	orange	xim kab ntxwv
peach	txiv duaj	pear	txiv mom coos
peas	lub noob taum	pineapple	txiv puv luj
potato	qos yaj ywm	tomato	txiv lws suav
vegetable	zaub		

Dairy

butter	roj pleev qhob cij	cheese	tshij
cream (food)	mis nyuj khov kho	milk	mis nyuj

Grains

bread	qhob cij	corn	pob kws
grain	qoob loo	rice	mov
wheat	pias		

Entrees

eggs	cov qe	french fries	qos yaj ywm kib
fried chicken	nqaij qaib ci	mashed potatoes	qos yaj ywm mos
salad	zaub ntsuab	sandwich	qhob cij
soup	kua zaub	toast	qhob cij txhiab

Seasonings, Ingredients, and Condiments

egg	lub qe	flour	cov hmoov nplej
garlic	lub qij	honey	cov zib ntab
ketchup	kua txiv lws suav	oil	cov roj
peanut butter	txiv laum huab xeeb uas yus pleev tau	pepper (black)	hwj txob
pepper (chili pepper)	kua txob	salt	ntsev
seasoning	txuj lom	sugar	piam thaj

Cooking Terms

to boil	haus	bowl	tais
box	lub thawv	can	kos poom
can opener	hlau tho kos poom	to cook	ua mov noj
crack	tsoo	to cut (chop)	txiav
to cut (slice)	hlais	edge	ntug
fat	rog	measuring cup	lub khob ntsuas
measuring spoon	rab diav ntsuas	to mix	xyaw
pan	lub yias	pot	lub lauj kaub mov
to pour (dump)	hliv	to pour (spill)	nchuav
steam	pa ncho	to stir	do
strainer	sab cib		

Clothing

Clothing Fit

big	loj	extra large	loj tshaj
large	loj	long	ntev
loose	xoob	medium	nruab nrab
size	luaj li cas	small	me
tight	ceev		

Clothing Terms

belt	txoj siv	blouse	lub tsho poj niam
boots	nkawm khau looj plab hlaub	bra	lub khiab mis
to change clothes	hloov khaub ncaws	coat	lub tsho loj
collar	lub dab tsho	cotton	daim ntaub paj
dress (article of clothing)	daim tiab	dress shoes	nkawm khau ua zam
to fit	haum	garments	cev tsoos tsho
to get dressed	hnav khaub ncaws	jeans	lub ris ntaub txhav
laces	txoj hlua khau	leather	tawv tsiaj
pajamas	cev ris tsho hnav pw	pants	ris
pocket (pants)	lub hnab ris	pocket (shirt)	lub hnab tsho
to put on	hnav	sandals	nkawm khau khiab
shirt	lub tsho	shoe	nkawm khau
shorts	lub ris luv	silk	daim ntaub yaj pwm
skirt	daim tiab	slacks	ris
sleeve	lub tes tsho	slip	daim tiab sab hauv
slippers	nkawm khau ntaub rau hauv tsev	socks	nkawm thoom thaub
suit	cev xuv	suit coat	lub tsho xuv
sweat pants	lub ris ntaub	sweater	lub tsho plaub
to take off	hle	tennis shoes	nkawm khau
tie	txoj kas las vav	to try on	sim hnav seb
to wear (on body)	hnav	to wear (on head)	ntoo
wool	plaub yaj		

Clothing, Accessories

backpack	lub hnab	bag	lub hnab
belt	txoj siv	bracelet	txoj hlua tes
earrings	tus qhws ntsej	glasses	lub tsom iav
gloves	ob lub hnab looj tes	hat	lub kaus mom
necklace	txoj saw	purse	lub hnab kas paus
ring	lub nplhaib	scarf	txoj phuam
sunglasses	lub tsom iav dub	tie	txoj kas las vav
umbrella	lub kaus	wallet	lub hnab nyiaj
watch	lub moo		

Religion

World Religions and Philosophies

Atheist	tus tsis ntseeg Vajtswv	Buddhist	tus Hauj Sam
Catholic	tus Kas Taus Liv	Christian	tus Neeg Ntseeg Khetos
Jehovah's Witness	Yehauvas ua tim khawv	Jewish	tus neeg Yudais
Mormon	Maumoos	Seventh Day Adventist	tus Neeg Ntseeg Hnub Xya

Religious Events and Meetings

baptism	txoj kev cai raus dej	burial	txoj kev muab faus
cemetery	toj ntxa	conference	lub rooj sab laj
confession	txoj kev lees	confirmation	txoj kev pom zoo
family home evening	tsev neeg hmo ua ke	fireside	txoj kev kawm vaj lug kub thaum tsaus ntuj
funeral	txoj kev pam tuag	marriage	txoj kev sib yuav
meeting	lub rooj sab laj	ordination	txoj kev tsa los
priesthood	lub pov thawj hwj	Relief Society	lub Koom Haum Niam Tsev
sacrament	lub cim nco txog	sealing	txoj kev cai sib khi
Second Coming	txoj Kev Rov Qab Los Zaum Ob	setting apart	tsa
social	nyiam nrog lwm tus koom	Sunday School	lub Hoob Kawm Vaj Lug Kub
wedding	rooj tshoob		

Religious Leaders

bishop	tus npis sov	deacon	tus dis kas
minister	tus xib hwb	pastor	tus xib hwb
pope	tus thawj txiv plig	priest	tus txiv plig
reformer	tus neeg kho		

Religious People

Aaron	Aloos	Abraham	Anplaham
Adam	Adas	Alma	Amas
Buddha	Buddha	Elijah	Eliyas
Enoch	Enauj	Enos	Enos
Ether	Ethaws	Eve	Evas
Helaman	Hilamas	Jacob	Yakhauj
James	Yakaunpaus	Jarom	Yaloos
Jesus Christ	Yexus Khetos	Job	Yauj
John	Yauhas	John the Baptist	Yauhas tus uas Muab Neeg Ua Kev Cai Raus Dej
Joseph Smith	Yauxej Xamiv	Judas Iscariot	Yudas Ikhalaus
Lamanites	cov neeg Lamas	Luke	Lukas
Malachi	Malakhais	Mark	Malakaus
Mary	Maiv Liag	Matthew	Mathais

Melchizedek	Mekhixedes	Messiah	Mexiyas
Mormon	Maumoos	Moroni	Maulaunais
Moses	Mauxes	Mosiah	Mauxiyas
Nephi	Nifais	Nephites	cov neeg Nifais
Noah	Nau–es	Omni	Oonis
Paul	Pov Lauj	Peter	Petus
Pontius Pilate	Phauthi–uas Philaj		

Church Titles and Callings

active member	tus mej zeej uas muaj siab ntseeg	assistant	tus pab cuam
bishop	tus npis sov	branch president	ceg ntseeg tus thawj tswj hwm
Brother	Tij Laug	companion	tus khub
contact	tiv tauj	counselor	tus pab cuam
district leader	tus thawj coj rau koog chaw	Elder	Txwj Laug
high councilor	tus sab laj hlob	home teacher	tus neeg qhia tom tsev
investigator	tus neeg kawm txoj moo zoo	leader	tus thawj coj
less active member	tus mej zeej uas tsis tshua muaj siab ntseeg	member	tus mej zeej
mission president	qhov chaw tshaj tawm txoj moo zoo tus thawj tswj hwm	missionary (messenger)	tus tub txib
new convert	tus neeg uas hloov siab los ntseeg tshiab	new member	tus mej zeej tshiab
patriarch	tus yawg suab	pioneer	tus npaj kev
president	tus thawj tswj hwm	secretary	tus neeg khaws ntaub ntawv
seer	tus neeg pom tau	Sister	Muam
speaker	tus hais lus	stake president	ceg txheem ntseeg tus thawj tswj hwm
teacher (master)	tus xib hwb	visiting teacher	tus mus saib xyuas tom tsev
ward mission leader	pawg ntseeg kev tshaj tawm txoj moo zoo tus thawj coj	ward missionary	pawg ntseeg tus tub txib
zone leader	tus thawj coj rau thaj chaw		

Religious Places

Bethlehem	Npelehees	chapel	lub tsev teev tiam Vajtswv
Garden of Eden	lub Vaj Edees	Gethsemane	Khexemanes
Israel	Ixayees	Jerusalem	Yeluxalees
Sacred Grove	Koog Ntoo Dawb Ceev	stake center	lub tsev ceg txheem ntseeg
temple	lub tuam tsev	visitor’s center	lub tsev tos neeg tuaj

Baptismal Interview

abortion	rho me nyuam	activity	yam ntxim saib ntxim ua
to be baptized	ua kev cai raus dej	to be ready	npaj siab
to be willing	kam	to believe	ntseeg
chastity	txoj kev coj dawb huv	church (building)	lub tsev koom txoos
church (organization)	lub koom txoos	commandment	txoj lus txib
to commit (an act)	ua	to covenant	khi lus
covenant	txoj kev khi lus	crime	txoj kev txhaum kev cai
faithful	muaj kev ntseeg	Father	Leej Txiv
gospel	txoj moo zoo	gospel standards	txoj moo zoo tej kev cai
homosexual	tus txiv neej tham txiv neej	Jesus Christ	Yexus Khetos
to keep	khaws	legal	raws kev cai lij choj
to live (be alive)	muaj txoj sia nyob	to live (reside)	nyob
marriage	txoj kev sib yuav	membership	txoj kev ua ib tug mej zeej
to obey (do according to)	ua raws li	to obey (listen to)	mloog lus
parole	txoj kev uas cov tub ceev xwm saib xyuas ib tug neeg uas tau ua txhaum kev cai lawm	to partake	txais yuav
to participate	koom	past	yav tas los
probation	lub caij sim siab	prophet	tus yaj saub
Redeemer	tus Txhiv Dim	relationship (getting along)	txoj kev sib raug zoo
relationship (how you're related)	sib txheeb li cas	to repent	hloov siab lees txim
Sabbath	Hnub Caiv	sacrament	lub cim nco txog
Savior	tus Cawm Seej	serious	tiag tiag
service	txoj kev pab	sexual	hais txog kev sib deev
sin	txoj kev txhaum	Son	Leej Tub
to strive	siv zog	to take upon oneself	ris rau yus tus kheej
tithing	nyiaj ib feem kaum	transgressions	tej kev txhaum
to understand	to taub	Word of Wisdom	Lo Lus Txawj Ntse

Linguistic

Adverbs of Time

again	dua	almost	yuav luag
already	twb ua lawm	always	yeej
finally	thaum kawg	never	yeej tsis tau
often	feem ntau	probably	nyaj
rarely	tsawg tsawg	sometimes	tej thaum
suddenly	dheev	today	hnub no
tomorrow	tag kis	usually	raws li ib txwm
yesterday	nag hmo		

Comparatives

better	zoo dua	bigger	loj dua
greater	zoo dua	higher	siab dua
larger	loj dua	lower	qis dua
shorter (duration)	luv zog	shorter (height)	qis taub dua
smaller	me dua	stronger	muaj zog dua
weaker	qaug zog dua	worse	tsis zoo dua

Directions

about	txog	across	sab tim
after (following, behind)	tom qab	between	nruab nrab ntawm
facing	tig ncaj rau	in	hauv
in front of	tom hauv ntej	later	ib tsam
left (direction)	sab laug	near	ze
next to	nyob ib sab	now	nim no
on	rau saum	over	hla mus saum
right (opposite of left)	sab xis	straight ahead	ncaj qha
to	rau	toward	rau
under	hauv qab	until	txog

Common Verbs

to be (located)	nyob	to be (permanent)	yog
to be able to (allowed to)	ua tau	to be able to (physically able)	ua taus
to be able to (skilled)	txawj	could	ua tau
to cover	npog	to do (perform, act)	ua
to get	tau	to go	mus
to have (possess)	muaj	to have to	yuav tsum
to help (meet needs, assist)	pab	to hope (wish)	cia siab
to make (build, develope)	ua	to need	xav tau
to say	hais	to shake	tshee
should	yuav tau ua	to shout	hais nrov nrov
to tell	qhia	to trade	pauv
to want	xav	would	yuav tau

Other Common Terms

crowd	tib neeg coob	exact	raws nraim li
flat	tiaj	future	yav tom ntej
grammar	qauv siv sau ntawv thiab hais lus	hard (difficult)	nyuaj
hard (texture)	tawv	if	yog
intense	heev	luck	hmoov
no	tsis yog	not	tsis
of	ntawm	or	los yog
own	yus li	piece	ib qhov
pressure	txoj kev nias	rather	dua li
ready	npaj siab	same	zoo ib yam
simple (easy)	yooj yim	so	ces
soon	tsis ntev no	sorry	thov txim
space	qhov chaw	than	dua
there is (there are)	muaj	thing	qhov
this	no	though	txawm yog
too (also)	thiab	too (beyond)	dhau
unless	tsuas yog	well	zoo
whole	tag nrho	yes	aws

Prepositions

above	saum	according to	raws li
after (following, behind)	tom qab	against	ti nkaus
along	nyob raws	among	nyob hauv
around	ib ncig	as soon as possible	sai li sai tau
before	ua ntej	below	sab hauv qab
between	nruab nrab ntawm	by	nyob ze
down	nram	during	thaum
except	tsuas yog	for	rau
forward	tom ntej	from	los ntawm
front	tom ntej	here	ntawm no
inside	hauv	instead of	tsis yog
into	rau hauv	off	tawm ntawm
on	rau saum	opposite	fab ntxeev
out	tawm sab nraum	outside	nraum
since	txij	thanks to	ua tsaug rau
there	ntawd	up	saum
which (ex: which one?)	twg	which (who/that, etc)	uas
with	nrog	without	tsis muaj

Conjunctions

although	txawm yog	and	thiab
because	vim	besides	tsis tas li ntawd xwb
but	tiam sis		

Subject Pronouns

I	kuv	it (he, she)	nws
they (2)	nkawd	they (more than 2)	lawv
we (2)	wb	we (more than 2)	peb
you	koj	you (2)	neb
you (more than 2)	nej		

Quantifiers

a	ib	all	tag nrho
both	ob yam	couple	khub niam txiv
dozen	kaum ob	each	nyias
every	txhua	few	ob peb
half	ib nrab	many	ntau
most	feem ntau	much	ntau heev
none	tsis muaj ib tug	only	xwb
pair	nkawm	several	ob peb
some	ib txhia		

Question Words

how	li cas	how long	ntev li cas
how much (how many)	pes tsawg	how much (to what degree)	npaum li cas
what	dab tsi	when (answer)	thaum
when (question)	thaum twg	where	qhov twg
who	leej twg	why	vim li cas

Common Adjectives and Adverbs

awful (terrible)	tsis zoo heev	loud	nrov
narrow	nqaim	really (really?)	tiag
really (very)	heev	rough	ntxhib
round	kheej kheej	sharp	ntse
slow	qeeb	smooth	do
soft (delicate/gentle)	mos	soft (texture)	muag
very	heev	wet	ntub

Numbers

Numbers, Cardinal 0–20

number	tus naj npaws	zero	xum
one	ib	two	ob
three	peb	four	plaub
five	tsib	six	rau
seven	xya	eight	yim
nine	cuaj	ten	kaum
eleven	kaum ib	twelve	kaum ob
thirteen	kaum peb	fourteen	kaum plaub
fifteen	kaum tsib	sixteen	kaum rau
seventeen	kaum xya	eighteen	kaum yim
nineteen	kaum cuaj	twenty	nees nkaum

Numbers, Cardinal 20–Trillion

twenty	nees nkaum	thirty	peb caug
forty	plaub caug	fifty	tsib caug
sixty	rau caum	seventy	xya caum
eighty	yim caum	ninety	cuaj caum
hundred	puas	thousand	txhiab
million	plhom	billion	txhiab plhom
trillion	txhiab txhiab plhom		

Numbers, Ordinal

second	thib ob	third	thib peb
fourth	thib plaub	fifth	thib tsib
sixth	thib rau	seventh	thib xya
eighth	thib yim	ninth	thib cuaj
tenth	thib kaum	eleventh	thib kaum ib
first (first in a list, a pattern, or steps)	thib ib		

Weeks and Months

Days of the Week

Monday	Hnub Ib	Tuesday	Hnub Ob
Wednesday	Hnub Peb	Thursday	Hnub Plaub
Friday	Hnub Tsib	Saturday	Hnub Rau
Sunday	Hnub Xya		

Months of the Year

January	Iub Ib Hlis Ntuj	February	Iub Ob Hlis Ntuj
March	Iub Peb Hlis Ntuj	April	Iub Plaub Hlis Ntuj
May	Iub Tsib Hlis Ntuj	June	Iub Rau Hli Ntuj
July	Iub Xya Hli Ntuj	August	Iub Yim Hli Ntuj
September	Iub Cuaj Hli Ntuj	October	Iub Kaum Hli Ntuj
November	Iub Kaum Ib Hlis Ntuj	December	Iub Kaum Ob Hlis Ntuj

Colors

Colors

black	xim dub	blue	xim xiav
brown	xim kas fes	color	xim
gray	xim txho	green	xim ntsuab
orange	xim kab ntxwv	purple	xim paj yeeb
red	xim liab	white	xim dawb
yellow	xim daj		

MTC Vocabulary

Missionary Terms

area	lub cheeb tsam	companionship	ib khub
conference	lub rooj sab laj	culture	txoj kev lis kev cai
district	koog chaw	lesson	tej lus qhia
message	zaj xov xwm	mission (area)	qhov chaw tshaj tawm txoj moo zoo
mission (goal/purpose)	lub hom phiaj	mission (period of being a missionary)	txoj kev ua tub txib
mission (task)	txoj dej num	mission field	qhov chaw tshaj tawm txoj moo zoo
representative	sawv cev	rule	txoj kev cai
volunteer	tus txaus siab pab dawb	zone	lub thaj chaw

Missionary Objects

battery	lub roj teeb	camera	lub koob thaij duab
cassette tape	daim kab xev	chap stick	kua pleev di ncauj
film	pob fij	journal	phau ceev xwm txheej

MTC Activities

to attend the temple	mus lub tuam tsev	choir practice	xyaum hu nkauj
church (building)	lub tsev koom txoos	church (organization)	lub koom txoos
companionship study	kawm nrog tus khub	devotional	txoj kev hawm Vajtswv
district meeting	koog chaw lub rooj sab laj	to do laundry	ntxhua khaub ncaws
to exercise	siv zog	fireside	txoj kev kawm vaj lug kub thaum tsaus ntuj
to laugh	luag	to learn	kawm
lesson	tej lus qhia	to open (a speech)	pib
to open (doors, etc)	qhib	to open (eyes, mouth, etc)	rua
personal study	kawm yus tus kheej	personal time	sij hawm ntawm yus tus kheej
preparation day	hnub so	to prepare	npaj
to repeat	hais dua	role play	ua yeeb yam
service	txoj kev pab	to shut (a door, etc)	kaw
to shut (eyes, mouth, etc)	qi	to sing	hu nkauj
to teach (preach)	qhia	teaching (doctrine)	tej lus qhia
teaching (method)	txoj kev qhia	testimony meeting	lub rooj sab laj hais lus tim khawv
to write	sau ntawv		

MTC Classroom Objects

bell	lub tswb	book	phau ntawv
chair (seat)	lub rooj zaum	chalk	tus xaum
chalkboard	daim kab das	clock	lub moo
desk	lub rooj sau ntawv	dictionary	phau ntawv txhais lus
door	lub qhov rooj	eraser	so
notebook	phau ntawv sau	paper	daim ntawv
pen	tus cwj mem	pencil	tus xaum qhuav
picture	daim duab	scriptures	cov vaj lug kub
table	lub rooj	window	lub qhov rais

MTC People

assistant to the president	tus thawj tswj hwm tus pab cuam	branch president	ceg ntseeg tus thawj tswj hwm
companion	tus khub	district leader	tus thawj coj rau koog chaw
district president	koog chaw tus thawj tswj hwm	mission president	qhov chaw tshaj tawm txoj moo zoo tus thawj tswj hwm
missionary (messenger)	tus tub txib	MTC president	MTC tus thawj tswj hwm
teacher (master)	tus xib hwb		

Places in the MTC

bathroom	lub chav dej	building	lub tsev loj
cafeteria	lub chav noj mov	classroom	hoob kawm
dormitory	lub chav pw	gym	lub chav ua si

TALL Lab

button	lub khawm	chair (seat)	lub rooj zaum
to choose	xaiv	to click the computer mouse	ntau
computer	lub koos pis tawj	desk	lub rooj sau ntawv
to finish (complete, fulfill)	ua tiav	headset	lub mloog ntawm pob ntseg
to learn	kawm	lesson	tej lus qhia
to listen	mloog	phrase	txoj kab lus
to read	nyeem	to review	rov qab saib
to sit	zaum	to speak	hais lus
to test	sim	to type	ntaus ntawv
work	txoj hauj lwm		

Vocabulary in Alphabetical Order, **Language to Language**

a	ib
Aaron	Aloos
Aaronic Priesthood	lub Pov Thawj Hwj Aloos
ability	lub peev xwm
abortion	rho me nyuam
about	txog
above	saum
Abraham	Anplaham
to abstain from	yoo
abstinence	txwv tsis pw ua ke
abundantly	ntau nplua mias
abuse	tsim txom
to accept	lees txais
accident	xwm txheej
to accomplish	ua tau
accordance	raws li
according to	raws li
account (story)	phau ceev xwm txheej
accountability	txoj kev lav ris
to achieve	ua taus
achy	mob
to acknowledge	lees
across	sab tim
action	tej kev ua
active	muaj siab nquag
active member	tus mej zeej uas muaj siab ntseeg
activity	yam ntxim saib ntxim ua
actor	tus neeg ua yeeb yam
Adam	Adas
to adapt	hloov kom haum
to address	hais lus rau
address	tus qhov chaw nyob
to adjust	hloov
to administer (care)	saib xyuas
administrator	tus thawj tswj tuav dej num
adopted	yuav me nyuam
adult	tus neeg laus
adultery	txoj kev deev luag poj luag txiv
adversary	tus yeeb ncuab
afraid (of something)	ntshai
afraid (scared)	poob siab
after (following, behind)	tom qab
after shave	tshuaj pleev tom qab chais hwj txwv
afternoon	yav tav su
again	dua
against	ti nkaus
age	hnub nyoog
agency	txoj kev ywj siab
agreement	sib yeem lus
air	pa
airplane	lub dav hlau
airport	lub tshav dav hlau
aisle	txoj kab
alcohol	cawv
all	tag nrho

allergies	tej yam tsis haum lub cev
alley	txoj kev ti
to allow	cia
Alma	Amas
almost	yuav luag
alone	tib leeg
along	nyob raws
aloud	nrov
already	twb ua lawm
although	txawm yog
always	yeej
ambulance	lub tsheb thauj neeg mob
amen	amees
America	Amelikas
among	nyob hauv
amount	hov ntau
ancestor	tus poj koob yawm txwv
anchor	lub txhoj tog
ancient	yav txheej thaum ub
and	thiab
angel	tus tim tswv
anger (boiling mad)	npau taws
anger (upset, frustrated)	chim siab
animal	tus tsiaj txhu
ankle	lub pob taws
to announce	tshaj tawm
announcements	txoj kev tshaj tawm
to anoint	pleev roj
anointing	txoj kev pleev roj
another	lwm tus
to answer	teb
answer	lo lus teb
ant	tus ntsaum
antibiotic	tshuaj ntaus kab mob
any	twg
any kind	yam twg los tau
any setting	qhov twg los tau
any time	thaum twg los tau
anyone	leej twg los tau
apartment	lub tsev kem
to apologize	thov txim
apostasy	txoj kev tso qhov tseeb tseg
apostle	tus thwj tim
to appear	tshwm sim
appearance	txoj kev tshwm sim los
apple	txiv av paum
application	daim ntawv thov hauj lwm
to apply (put into action)	xyaum
to apply (relate)	piv
appointment	lub teem caij
to appreciate	ris txiaj
appropriate (proper)	tsim nyog
April	lub Plaub Hlis Ntuj
area	lub cheeb tsam
arm	txhais caj npab
around	ib ncig
to arrive	mus txog los sis tuaj txog

art	txoj kev teeb duab
as soon as possible	sai li sai tau
Asia	Exias
to ask	noog
aspirin	lub tshuaj noj zoo mob taub hau
assignment	qhov txib mus ua
assistant	tus pab cuam
assistant to the president	tus thawj tswj hwm tus pab cuam
assurance	paub tiag tiag
astray	yuam kev
at (just over there)	tom
at (this place)	ntawm
at (way over there)	sab tim
Atheist	tus tsis ntseeg Vajtswv
to atone	theej txhoj
Atonement	txoj Kev Theej Txhoj
to attack	tawm tsam
to attend	mus koom
to attend the temple	mus lub tuam tsev
to attend tithing settlement	mus koom kev sib tham txog ib feem kaum
attic	lub nthab
August	lub Yim Hli Ntuj
aunt (father's sister)	tus phauj
aunt (mother's sister)	tus niam tais
authority	txoj cai
authorized	muaj cai
automatic	cia li ua yam tsis tau xav li
autumn	lub caij nplooj ntoo zeeg
auxiliary	lub koom haum pab
available	khoom
to avoid	zam
aware	paub txog
awful (terrible)	tsis zoo heev
baby	tus me nyuam mos liab
back (go back)	rov qab mus
back (lower)	lub duav
back (upper)	lub nraub qaum
backpack	lub hnab
bacon	nqaij npua kib
bad	tsis zoo
bag	lub hnab
bakery	lub tsev ua qhob cij
ball	lub pob
ballet	dhia piav tes taw
banana	txiv tsawb
band	pawg tshuab nkauj
bandage	daim ntaub npog mob
bank	lub txhab nyiaj
baptism	txoj kev cai raus dej
baptismal candidates	cov neeg uas yuav los ua kev cai raus dej
baptismal covenants	cov kev khi lus ntawm txoj kev cai raus dej
baptismal service	txoj kev sib ntsib muab neeg ua kev cai raus dej

to baptize	muab ua kev cai raus dej
baptized	tau ua kev cai raus dej
barber shop	lub tsev txiav plaub hau
baseball (softball)	ntaus npas
basement	lub hauv qab lawj
basketball	pov npas
to bathe	da dej
bathroom	lub chav dej
battery	lub roj teeb
to be (located)	nyob
to be (permanent)	yog
to be able to (allowed to)	ua tau
to be able to (physically able)	ua taus
to be able to (skilled)	txawj
to be baptized	ua kev cai raus dej
to be counseled	tau kev qhuab qhia
to be ready	npaj siab
to be used	tau siv
to be willing	kam
beach	ntug dej hiav txwv
to bear testimony	ua tim khawv
beauty	qhov zoo nkauj
because	vim
to become	rais los ua
bed	lub txaj
bedroom	lub chav pw
bee	tus muv
beer	npias
before	ua ntej
to begin (start)	pib
behavior	tus yeeb yam
belief	txoj kev ntseeg
to believe	ntseeg
bell	lub tswb
to belong	sib raug zoo
beloved	tus uas kuv hlub
below	sab hauv qab
belt	txoj siv
to bend	caws
benefit	lub txiaj ntsim zoo
besides	tsis tas li ntawd xwb
best	zoo tshaj plaws
Bethlehem	Npelehees
better	zoo dua
between	nruab nrab ntawm
beverage	dej
Bible	phau Vaj Lug Kub Npaiv Npaum
bicycle (bike)	lub luv thij
big	loj
bigger	loj dua
to bike	caij luv thij
biking	txoj kev caij luv thij
bill	tus nqi
billion	txhiab plhom
binding	khi
bird	tus noog

birth	txoj kev yug los
birth certificate	daim ntawv pov thawj rau kev yug los
birthday	hnub yug
bishop	tus npis sov
bishopric	tus npis sov
to bite	tom
black	xim dub
to bleed	los ntshav
to bless	foom koob hmoov
blessed	tau koob hmoov
blessing	txoj koob hmoov
blind	dig muag
blizzard	daus xib daus npus
block	lub nplov
blood	cov ntshav
blouse	lub tsho poj niam
to blow	tshuab
blue	xim xiav
boat	lub nkoj
body	lub cev
to boil	haus
bone	tus pob txha
book	phau ntawv
Book of Mormon	Phau Ntawv Maumoos
boots	nkawm khau looj plab hlaub
born	yug los
born again (reborn)	yug dua tshiab
both	ob yam
bottle	lub hwj
bottom	qab
bowl	tais
box	lub thawv
boy	tus tub hluas
bra	lub khiab mis
bracelet	txoj hlua tes
brain	lub hlwb
branch president	ceg ntseeg tus thawj tswj hwm
brass	tooj dag
bread	qhob cij
to break (in half)	lov
to break (into pieces)	dam
breakfast	pluas tshais
bridge	tus choj
bright	ci ci
to bring forth	coj
broccoli	zaub cob pob
broom	tus khaub rhuab
Brother	Tij Laug
brother (as called by a female)	tus nus
brother–in–law (sister's husband)	tus yawm yij
brown	xim kas fes
brush	tus txhuam
to brush (hair)	ntsis
to brush (teeth)	txhuam
bucket	lub thoob

Buddha	Buddha
Buddhist	tus Hauj Sam
building	lub tsev loj
burden	lub nra
to burder (bother)	tab kaum
burial	txoj kev muab faus
burn	kub hnyiab
bus	lub tsheb npav
bus station	qhov chaw tos npav
business	txoj kev ua laj ua luam
businessman	tus neeg ua laj ua luam
busy (not available)	tsis khoom
busy (working hard)	khwv
but	tiam sis
butter	roj pleev qhob cij
butterfly	tus npauj npaim
button	lub khawm
to buy (purchase)	yuav
by	nyob ze
cabinet	lub txee
cafeteria	lub chav noj mov
to call	hu
called	raug hu
calling	txoj kev hu
calm	siab tus
camera	lub koob thaij duab
camping	pw hav zoov
can	kos poom
can opener	hlau tho kos poom
to cancel	tsis ua ntxiv
car	lub tsheb
card	daim npav
care	tsom kwm saib xyuas
to care for	tsom kwm saib xyuas
careful	ceev faj
careless	dog dig
carpet	daim ntaub pua taw rooj
carrot	zaub pwm liab
to carry (in hands/arms)	nqa
cash	nyiaj ntsuab
cassette tape	daim kab xev
cast out	raug ntiab tawm
cat	tus miv
Catholic	tus Kas Taus Liv
to cause	ua kom
cavity	kab noj hniav
ceiling	lub qab nthab
to celebrate	ua kev zoo siab
celestial	xilethi–aus
cemetery	toj ntxa
center	hauv plawv
central	lub hauv paus
century	ib puas xyoo
ceremony	txoj kab ke
certificate	daim ntawv pov thawj
chair (seat)	lub rooj zaum
chalk	tus xaum

chalkboard	daim kab das
to challenge	twv
challenge	kev cov nyom
change	txoj kev hloov
to change (alter)	hloov
to change (switch)	pauv
to change clothes	hloov khaub ncaws
to change trains	hloov lub tsheb ciav hlau
changing	tab tom hloov
chap stick	kua pleev di ncauj
chapel	lub tsev teev tiam Vajtswv
chapter	tshooj
character (in a story)	tus neeg uas nyob hauv zaj dab neeg
to charge	tiv nqi
charity	txoj kev siab hlub
chart	daim ntawv qhia kev
chastity	txoj kev coj dawb huv
cheap	pheej yig
to check	kuaj xyuas
check	daim tshev
cheek	sab plhu
cheese	tshij
chest	lub hauv siab
to chew	ntsuas
chicken (animal)	tus qaib
chicken (food)	nqaij qaib
chicken pox	qhua maj
child	tus me nyuam
children	cov me nyuam
chills	ua daus no
chin	lub puab tsaig
choice	txoj kev xaiv
choir	pawg hu nkauj
choir practice	xyaum hu nkauj
to choose	xaiv
chorister	tus coj nkauj
chosen	raug xaiv
Christ	Khetos
Christian	tus Neeg Ntseeg Khetos
Christmas	hnub Christmas
Christmas tree	tsob ntoo Christmas
Christ–like	zoo li Khetos
church (building)	lub tsev koom txoos
church (organization)	lub koom txoos
Church headquarters	lub hauv paus ntawm lub koom txoos
church leaders	lub koom txoos cov thawj coj
church members	cov mej zeej ntawm lub koom txoos
church services	txoj kev sib ntsib hauv lub koom txoos
circle of friends	cov phooj ywg
citizen	tus pej xeem
citizenship	xam xaj
city	lub nroog
to claim	lees yuav
class	hoob kawm
classroom	hoob kawm
clean (adjective)	huv
to clean (clean up)	tu
to cleanse	ntxuav
clear (understandable)	meej
clerk	tus neeg khaws ntaub ntawv
to click the computer mouse	ntau
climbing	nce roob
clippers	rab txiav rau tes
clock	lub moo
close	ze
to close (a speech, bring to a close)	xaus
closer	ze dua
closet	lub tub dai khaub ncaws
clothes	cov khaub ncaws
cloud	cov huab
coast	ntug dej hiav txwv
coat	lub tsho loj
cockroach	tus kab laum
coffee	dej kas fes
coin	diam nyiaj npib
cold (illness)	mob khaub thuas
cold (to the touch)	txias
cold (weather/physical state)	no
collar	lub dab tsho
collecting	khaws tej khoom
college (university)	lub tsev kawm ntawv qib siab
color	xim
comb	lub zuag
to comb	ntsis
to come (to a familiar/close place)	los
to come (to an unfamiliar/far-away place)	tuaj
to come back (to a familiar place)	rov qab los
to come back (to an unfamiliar place)	rov qab tuaj
to come by (a familiar place)	los xyuas
to come by (an unfamiliar place)	tuaj xyuas
comfort	txoj kev nplij siab
to comfort	nplij siab
to command	txib
commandment	txoj lus txib
comment	hais txog
commissioned	tau txais lub hwjchim
to commit (an act)	ua
to commit (committment)	cog lus
commitment	lo lus cog tseg
commonly	pheej
to communicate	sib tham
community	cov kwv tij zej zog
companion	tus khub
companionship	ib khub
companionship study	kawm nrog tus khub

company	lub tsev hauj lwm
to compare	piv
compatible	sib phim
complete	tiav
complex	nyuaj
computer	lub koos pis tawj
computer games	ua si koos pib tawj
computer science	txoj kev kawm koos pis tawj
concern	txoj kev txhawj xeeb
condition	zoo li cas
conditioner	tshuaj ua rau plaub hau mos
to conduct	coj
to confer	muab
conference	lub rooj sab laj
to confess	lees
confession	txoj kev lees
confidence	txoj kev cia siab
confidential	tsis qhia leej twg
to confirm	pom zoo
confirmation	txoj kev pom zoo
confirmed	tau kev pom zoo
confirmed a member of the Church	tau kev pom zoo ua ib tug mej zeej hauv lub Koom Txoos
to conflict with (fight against)	tawm tsam
to conflict with (not work out)	tsis haum
confused	ntxhov siab
confusion	txoj kev ntxhov siab
congratulations	zoo siab
congregation	pawg ntseeg
consecrated	tshwj tseg
consecutive	hnub muaj tseg
consequence	qhov yuav tau txais
consistently	pheej ua tib yam li qub
constant	tsis tu ncua
contact	tiv tauj
to contact	hu tuaj los sis sau ntawv
to contain	ceev
content	txaus siab
continent	thooj av teb chaws
to continue (in developing the habit)	ua ntxiv mus
to continue (push forward)	thawb mus tom ntej
to continue (resume)	rov ua
to contribute	pab ntxiv rau
contribution	txoj kev pab ntxiv rau
contrite	xav ua zoo
to control	tswj hwm
conversion	txoj kev hloov siab los ntseeg
convert	tus neeg hloov siab los ntseeg
to cook	ua mov noj
cooking	ua mov noj
cool	txias
corn	pob kws
cornerstone	lub pob zeb ntawm ces kaum tsev
to correct	kho
corrupted	lwj lawm

to cost	muaj nqi npaum li cas
cost	tus nqi
cotton	daim ntaub paj
cough	hnoos
to cough	hnoos
cough drop	lub tshuaj hnoos
could	ua tau
council	pawg sab laj
counsel	cov lus qhuab ntuas
counselor	tus pab cuam
counter	lub rooj
country	lub teb chaws
countryside	ntug zos
couple	khub niam txiv
courage	ua siab loj
court	lub tsev hais plaub
cousin (from father's side)	tus kwv tij
cousin (from mother's side)	tus neej tsa
covenant	txoj kev khi lus
to covenant	khi lus
covenants	txoj kev khi lus
to cover	npog
to covet	ntshaw
cow	tus nyuj
co–worker	tus nrog yus ua hauj lwm
crab	tus khauj khaum
crack	tsoo
to crash	sib tsoo
cream (food)	mis nyuj khov kho
cream (medecine)	tshuaj pleev
to create	tsim
credit card	daim npav tiv nqi
crime	txoj kev txhaum kev cai
cross	tus ntoo khaub lig
crowd	tib neeg coob
to crucify	muab ntsia saum tus ntoo khaub lig
to cry (weep)	quaj
culture	txoj kev lis kev cai
cup	lub khob
cupboard	lub txee
curtains	daim ntaub qhov rais
to cut (chop)	txiav
to cut (slice)	hlais
daily	niaj hnub
dancing	dhia piav tes taw
danger	xwm txheej
darkness	txoj kev tsaus ntuj
date	hnub tim
daughter	tus ntxhais
day	nruab hnub
deacon	tus dis kas
dead (more blunt)	tuag lawm
dead (more proper)	tas sim neej
deaf	lag ntseg
dealings	tej kev ua
death	txoj kev tuag

debit card	daim npav debit
deceased (blunt)	tas tuag lawm
deceased (proper)	tas sim neej lawm
December	lub Kaum Ob Hlis Ntuj
to decide	txiav txim siab
decision	txoj kev txiav txim siab
to declare	tshaj tawm
decorations	tej khoom dai zoo nkauj
deed	txoj hauj lwm
deep	tob
degree	daim ntawv pov thawj zoo
to delight	zoo siab nyob hauv
demands of justice	txoj kev txim lij tej kev txiav txim
dentist	tus kws kho hniav
to deny (not allow)	txwv tsis pub
deodorant	tshuaj pleev qhov tsos
to depart	tawm mus
department	kem tsev
to depend	vam
deposit	coj mus tso cia
depressed	nyuaj siab kho siab
to describe	piav
desert	roob moj sab qhua
desire	lub siab xav tau
to desire (strongly desire)	ntshaw
to desire (to want)	xav tau
desk	lub rooj sau ntawv
to destroy	piam sij
to determine	txiav txim siab
devil	tus dab
devotional	txoj kev hawm Vajtswv
dictionary	phau ntawv txhais lus
to die (be dead, be killed)	tuag
to die (go to the end of your life)	tas sim neej
different	txawv
diligently	rau siab
dining room	lub chav noj mov
dinner	pluas hmo
direction	txoj kev coj
directions	qhia kev
dirt	cov av
disappointed	tu siab
disbelief	txoj kev tsis ntseeg
disciple	tus ntseeg
to discuss	sib tham txog
disease	kab mob kev nkeeg
dishes	cov tais diav
dishwasher	lub tshuab ntxuav tais diav
disobedience	txoj kev tsis mloog lus
to disobey	tsis mloog lus
dispensation	lub caij nyoog
distance	deb
to distinguish	pom tau
to distort	pauv
distorted	hloov kom tsis yog
district	koog chaw
district leader	tus thawj coj rau koog chaw
district meeting	koog chaw lub rooj sab laj
district president	koog chaw tus thawj tswj hwm
divine	los ntawm Vajtswv los
divorced	sib nrauj
dizzy	kiv taub hau
to do (perform, act)	ua
to do laundry	ntxhua khaub ncaws
doctor	tus kws kho mob
doctrine	cov lus qhuab qhia
Doctrine and Covenants	phau Lus Qhuab Qhia thiab Kev Khi Lus
dog (older word)	tus dev
dog (puppy/newer word)	tus aub
dollar	daulas
to donate	pub nyiaj dawb
donation	cov nyiaj pub dawb
donation slip	daim ntawv pub nyiaj siab dawb
door	lub qhov rooj
dormitory	lub chav pw
dosage	noj tshuaj raws caij nyoog
doubt	xyem xyav
down	nram
downstairs	theem hauv qab
downtown	lub hauv plawv nroog
dozen	kaum ob
to draw attention	ua kom tib neeg saib
drawer	lub tub rau khoom
dream	ua npau suav
dress (article of clothing)	daim tiab
dress (manner of dress)	txoj kev hnav
dress shoes	nkawm khau ua zam
dresser	lub tub rau khaub ncaws
drink	haus dej
to drink	haus
to drive	tsav
driver's license	daim ntawv tso cai tsav tsheb
drop	tee
drug	tshuaj phem
drug store	lub tsev muag tshuaj
drums	lub nruas
dry cleaners	lub tsev ntxhua khaub ncaws qhuav
dryer	lub tshuab ziab khaub ncaws
dryer sheet	daim ntaub ua rau khaub ncaws mos mos
duck	tus os
during	thaum
to dust	so kom tsis muaj plua tshauv
duty	txoj dej num
each	nyias
ear	lub pob ntseg
early	ntxov
to earn	khwv tau
earrings	tus qhws ntsej
earth	lub ntiaj teb
earthquake	av qeeg
east	sab hnub tuaj

Easter	Hnub Yexus Sawv Rov Los
to eat	noj
Eden	Edees
edge	ntug
education	txoj kev kawm
effort	siv zog
egg	lub qe
eggs	cov qe
eight	yim
eighteen	kaum yim
eighth	thib yim
eighty	yim caum
elbow	lub luj tshib
Elder	Txwj Laug
electrician	tus kws kho fai fab
elementary school	lub tsev kawm ntawv theem pib
elephant	tus ntxhw
eleven	kaum ib
eleventh	thib kaum ib
Elijah	Eliyas
to eliminate	muab pov tseg
emergency	kam ceev
employee	tus ua num
employer	tus tswv num
empty	tsis muaj dab tsi hauv
to enable	ua kom
to encourage	yaum
encouragement	txoj kev yaum ua
end	qhov kawg
to end	kaw
to endeavor	sim ua
endowed	tau vaj txiaj ntsim
endowment	lub vaj txiaj ntsim
to endure	nyiaj
enemy	tus yeeb ncuab
energy	lub zog
engaged	sib qhaib
engine	lub cav
engineer	tus kws ua tsev
engineering	txoj kev ua tsev
English (American)	lus Mikas
English (England)	lus As–Kiv
to enjoy (activities/experiences)	nyiam
to enjoy (food/places)	xis
Enoch	Enauj
Enos	Enos
enough	txaus
to ensure	ua kom tseeb
to enter	nkag hauv
enthusiastic	nquag
envelope	lub hnab ntawv
equal	ib yam li
eraser	so
essential	qhov tseem ceeb
to establish	txhim tsa
eternal	nyob mus ib txhis
eternal life	txoj sia nyob mus ib txhis

eternally	nyob mus ib txhis
eternity	mus ib txhis
Ether	Ethaws
Eve	Evas
evening	yav tsaus ntuj
everlasting	kav mus ib txhis
every	txhua
every other day	txhua ob hnub
everyone (flowery)	txhua leej txhua tus
everyone (general)	sawv daws
everywhere	qhov txhia qhov chaw
evidence	qhov puam pheej
evil	phem
exact	raws nraim li
exaltation	txoj kev tsa nto
exam	qhov xeem ntawv
example (analogy)	qhov piv txwv
example (model)	tus yam ntxwv
excellent	zoo heev
except	tsuas yog
to exchange	pauv
excitement	txoj kev zoo siab heev
to exercise	siv zog
exercise	txoj kev siv zog
to exercise faith	siv kev ntseeg
to exert	sib zog
exodus	khiav dim
to expect	tos ntsoov
expensive	kim
experience	tej yam yus ua
to experience (usually something bad)	raug
to experience (usually something good)	ntsib
to explain	piav
to express	piav
to extend	ncav
extended family	cov kwv tij neej tsa
extra large	loj tshaj
extra large	loj heev
eye	lub qhov muag
to face (usually bad things)	raug
to face (usually good things)	ntsib
facing	tig ncaj rau
to fail	swb
faith	txoj kev ntseeg
faithful	muaj kev ntseeg
faithfully	muaj kev ntseeg ua
faithfulness	txoj kev rau siab ntseeg
Fall	txoj Kev Poob
to fall short	yuam kev
false	cuav
family	tsev neeg
family history	tsev neeg zaj keeb puam
family home evening	tsev neeg hmo ua ke
family–centered activities	ua tej yam nrog tsev neeg
far	deb

farmer	tus neeg ua liaj ua teb
to fast	yoo mov
fast offering	cov nyiaj yoo mov
fasting	txoj kev yoo mov
fat	rog
Father	Leej Txiv
father	tus txiv
Father in Heaven	Leej Txiv Nyob Saum Ntuj
father–in–law (as called by man)	tus yawm txiv
father–in–law (as called by woman)	tus txiv yawg
Father's Day	Txiv Hnub
favorite	nyiam tshaj
fear	txoj kev ntshai
to feast	noj
February	lub Ob Hlis Ntuj
to feel	hnov
feeling	lub siab xav
to fellowship (befriend)	ua phooj ywg
female	tus poj niam
fence	txoj laj kab
fever	ua npaws
few	ob peb
fidelity	txoj kev nrog tus txij nkawm
field	lub tshav
fifteen	kaum tsib
fifth	thib tsib
fifty	tsib caug
to fill	ua kom puv
film	pob fij
finally	thaum kawg
financial	hais txog cov nyiaj
to find	nrhiav tau
to find out	kawm txog
finger	tus ntiv tes
to finish (complete, fulfill)	ua tiav
to fire	ntiab tawm hauj lwm mus
fireside	txoj kev kawm vaj lug kub thaum tsaus ntuj
firm	ruaj nrees
first (first in a list, a pattern, or steps)	thib ib
first (the very first)	thawj
first floor	theem thib ib
First Presidency	Thawj Pawg Thawj Tswj Hwm
fish (animal)	tus ntses
fish (food)	nqaij ntses
to fit	haum
five	tsib
flag	daim chij
flat	tiaj
flesh	nqaij daim tawv
flood	dej nyab
floor	daim npoo tsev
floss	txoj xov dig hniav
flour	cov hmoov nplej
flower	lub paj ntoos
flu	ua npaws
flute	tus raj nplaim
fly	tus yoov
fog	pos huab
to fold	tais
to follow (a path)	taug
to follow (behind)	lawv qab
following	lawv qab
to follow–up	rov qab sib tham txog
food	zaub mov
foot	txhais ko taw
football (not American)	ncaws npas
for	rau
forbidden	txwv tsis pub
forehead	lub hauv pliaj
foreign language	hom lus txawv yus hais
forest	hav zoov
forever	mus ib txhis
to forgive	zam txim
forgiven	tau kev zam txim
forgiveness	txoj kev zam txim
forgotten	tsis nco qab lawm
fork	rab rawg
form	tsim
forty	plaub caug
forward	tom ntej
foundation	lub hauv paus
four	plaub
fourteen	kaum plaub
fourth	thib plaub
free (having liberty)	muaj kev ywj siab
free time	khoom
freed	dim lawm
freedom	txoj kev ywj pheej
freeway	txoj kev loj
french fries	qos yaj ywm kib
fresh	ntshiab
Friday	Hnub Tsib
fried chicken	nqaij qaib ci
friend	tus phooj ywg
friendly	siab zoo
from	los ntawm
front	tom ntej
fruit	lub txiv
frustrated	chim siab
fuel	cov roj
full name	lub npe tag nrho
full–time	puv sij hawm
fulness	tag nrho
fun	lom zem
funeral	txoj kev pam tuag
furniture	tej rooj tog
future	yav tom ntej
to gain	txais tau
gallon	nkas loos
game	txoj kev ua si

garage	lub chav nres tsheb
garden	lub vaj
Garden of Eden	lub Vaj Edees
garlic	lub qij
garments	cev tsoos tsho
gas station	lub tsev yuav roj
gel	kua kho plaub hau
genealogy	txoj kev nrhiav caj ceg
generous	siab dav
gentle	maj mam ua
to get	tau
to get a haircut	txiav plaub hau
to get dressed	hnav khaub ncaws
to get to know	sib tham kom paub txog
Gethsemane	Khexemanes
gift (a present)	khoom plig
gift (intangible/a talent)	lub txiaj ntsim
gift of the Holy Ghost	lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv
girl	tus me nyuam ntxhais
to give (freely/intangibles)	pub
to give (in hand/tangibles)	muab
to give in	nyoo
to give up (give away)	tso tseg
to give up (surrender)	tsa tes swb
to give up something	tso tseg
glass	lub khob iav
glasses	lub tsom iav
glorified (adjective)	uas muaj lub yeeb koob
glory	lub yeeb koob
gloves	ob lub hnab looj tes
to go	mus
goat	tus tshis
God	Vajtswv
godly sorrow	tu siab tiag tiag
God–given	uas Vajtswv tau pub
gold plates	cov phiaj kub
golfing	ntaus golf
good	zoo
gospel	txoj moo zoo
gospel standards	txoj moo zoo tej kev cai
government	tus tseem fwv
grace	txoj kev hlub tshua
grade	qib kawm ntawv
grade level	qib kawm ntawv
grain	qoob loo
grammar	qauv siv sau ntawv thiab hais lus
grandchild	tus xeeb ntxwv
granddaughter	tus ntxhais xeeb ntxwv
grandfather (from father's side)	tus yawg
grandfather (on mother's side)	tus yawm txiv
grandmother (from father's side)	tus pog
grandmother (on mother's side)	tus niam tais
grandparents	pog thiab yawg
grandson	tus tub xeeb ntxwv
grapes	txiv hmab
grass	cov nyom
grateful	ris txiaj
gratitude	txoj kev ris txiaj
grave	lub qhov ntxa
graven image	tus mlom
gray	xim txho
great	zoo kawg
greater	zoo dua
great–grandchild	tus xeeb ntxwv
great–grandparents	poj koob yawg koob
green	xim ntsuab
grocery shopping	yuav khoom noj
grocery store	lub tsev muag khoom noj
ground beef	nqaij nyuj zom
ground floor	theem thib ib
group	ib pawg
grove of trees	koog ntoo
to grow	loj hlob
to grow closer	los nyob ze
to grow up	loj hlob tuaj
growth	txoj kev loj hlob
to guarantee	lav lus
guidance	txoj kev coj
guilt	txoj kev txaj muag
guitar	lub guitar
gums	pos hniav
gym	lub chav ua si
habit	qhov yus pheej ua
hail	lawg
hair	cov plaub hau
hair brush	tus nplauv ntsis plaub hau
hairspray	tshuaj tsuag plaub hau
half	ib nrab
hall	lub chav ntev
ham	nqaij npua
hammer	rab rauj
hand	txhais tes
hands	txhais tes
to happen	muaj los
happiness	txoj kev zoo siab
happy	kev zoo siab
Happy New Year	Nyob Zoo Xyoo Tshiab
hard (difficult)	nyuaj
hard (texture)	tawv
harmful	phem
harmony	txoj kev sib haum xeeb
hat	lub kaus mom
to hate	ntxub
to have (possess)	muaj
to have fun	muaj kev lom zem
to have to	yuav tsum
head	lub taub hau
headache	dias taub hau
headset	lub mloog ntawm pob ntseg
to heal	kho
healed	nyob zoo lawm

healing	kho mob
health	txoj kev noj qab nyob zoo
healthy	noj qab nyob zoo
to hear	hnov
hearing	txoj kev hnov lus
heart (dealing with emotions)	lub siab
heart (organ)	lub plawv
heat	cua sov
heaven	saum ntuj ceeb tsheej
Heavenly Father	Leej Txiv Saum Ntuj Ceeb Tsheej
heavy	hnyav
heel	lub luj taw
height (tall)	siab
Helaman	Hilamas
hell (general)	dab teb
hell (scriptural)	ntuj txiag teb tsaus
hello	nyob zoo
help	txoj kev pab
to help (meet needs, assist)	pab
helpful	pab tau
here	ntawm no
hidden	zais
high councilor	tus sab laj hlob
high school	lub tsev kawm ntawv siab
higher	siab dua
highest	siab tshaj plaws
highway	txoj kev loj
high–rise	lub tsev siab
hiking	nce roob
hill	lub toj
to hire	ntiav
his (her)	nws
history	zaj keeb kwm
to hit	ntaus
hobby	yam yus nyiam ua
to hold	tuav
holder	tus tuav lub pov thawj hwj
holiday	hnub phav
holy	dawb huv
Holy Bible	phau Vaj Lug Kub Npaiv Npaum
Holy Ghost	tus Vaj Ntsuj Plig Dawb Huv
holy scripture	phau vaj lug kub uas dawb huv
home teacher	tus neeg qhia tom tsev
hometown	lub zos
homosexual	tus txiv neej tham txiv neej
honest	siab ncaj
honestly	ncaj
honey	cov zib ntab
honor	hwm
to honor	hawm
honorable	zoo
hope	txoj kev cia siab
to hope (wish)	cia siab
horn	tus kub
horse	tus nees
hospital	lub tsev kho mob
hot (weather/physical state)	sov
hotel	lub tsev xaub pw
hour	teev
house (home)	lub tsev
how	li cas
how long	ntev li cas
how much (how many)	pes tsawg
how much (to what degree)	npaum li cas
how often	pes tsawg zaus
humanities	txoj kev kawm txog tib neeg tej tswv yim
humidity	vaum
humility	txoj kev txo hwj chim
hundred	puas
hunger	txoj kev tshaib plab
hurricane	nag xob nag cua
hurry (b/c of some outside force)	maj
hurry (b/c you want to)	rawm
to hurt	mob
husband	tus txiv
hymn	zaj nkauj qhuas Vajtswv
I	kuv
idea	ib lub tswv yim
ideal	zoo tshaj plaws
if	yog
to ignore	tsis quav ntsej
ill	tsis xis nyob
image (likeness)	tus yam ntxwv
immediate family	tsev neeg
to immerse	raus
immersion	raus
immigrant	tus neeg txawv teb chaws
immortal	tsis txawj tuag
immortality	txoj kev tsis txawj tuag
imperfect	tsis zoo tag nrho
importance	tseem ceeb
important	tseem ceeb
to improve	kho kom zoo dua
in	hauv
in front of	tom hauv ntej
in the evening	thaum yav tsaus ntuj
in the morning	yav sawv ntxov
to include	nyob rau hauv
income	nyiaj txiag khwv tau
to increase	loj hlob
increase (our gain)	tej yam peb khwv tau
Independence Day	Hnub Ywj Pheej
individual	ib leeg
infinite	mus ib txhis
to influence	yaum
influence	lub hwj huam
inhabitants	cov neeg nyob hauv ib thaj tsam
innocence	txoj kev tsis muaj txim
insect	tus kab

inside	hauv
inspiration	txoj kev tshoov siab
instead of	tsis yog
instruction	txoj kev qhia
instrument	khoom ua nkauj
intelligent	txawj ntse
intense	heev
intent (desire)	rau siab
intent (the meaning behind the act)	lub siab xav
interest	txaus nyiam
interested	xav paub txog
interesting	xav paub txog
international	lwm lub teb chaws
internship	xyaum ua hauj lwm
to interpret	txhais lus
intersection	txoj kev sib tshuam
to interview	ua xam phaj
interview	lub xam phaj
into	rau hauv
to introduce	qhia rau
investigator	tus neeg kawm txoj moo zoo
invitation	txoj kev thov caw
to invite	thov caw
iron	lub liv khaub ncaws
island	koog pov txwv
Israel	Ixayees
it (he, she)	nws
Jacob	Yakhauj
James	Yakaunpaus
January	lub Ib Hlis Ntuj
Jarom	Yaloos
jeans	lub ris ntaub txhav
Jehovah's Witness	Yehauvas ua tim khawv
Jerusalem	Yeluxalees
Jesus Christ	Yexus Khetos
Jewish	tus neeg Yudais
Job	Yauj
job (career)	txoj hauj lwm
John	Yauhas
John the Baptist	Yauhas tus uas Muab Neeg Ua Kev Cai Raus Dej
to join	koom
joint	pob qij txha
joke	lus dab ros
Joseph Smith	Yauxej Xamiv
journal	phau ceev xwm txheej
joy	txoj kev xyiv fab
Judas Iscariot	Yudas Ikhalaus
judge	tus txiav txim
to judge	txiav txim
judged	raug txiav txim
judgment	txoj kev txiav txim
juice	kua txiv hmab txiv ntoo
July	lub Xya Hli Ntuj
June	lub Rau Hli Ntuj
justice	txoj kev txim lij

to keep	khaws
to keep from	tsis cia
ketchup	kua txiv lws suav
keys	cov yuam sij
keystone	lub plawv zeb
to kick	ncaws
to kill	tua
kilo	kis laus
kingdom	lub nceeg vaj
Kingdom of God	Vajtswv lub nceeg vaj
to kiss	hnia
kitchen	lub chav ua mov
knee	lub hauv caug
to kneel	txhos caug
knees	ob lub hauv caug
knife	rab riam
to know	paub
to know someone	paub leej twg
knowledge	txoj kev txawj ntse
labor	txoj kev ua num
laces	txoj hlua khau
ladybug	tus kab
lake	lub pas dej loj
Lamanites	cov neeg Lamas
lamp	lub teeb
land	daim thaj av
large	loj
larger	loj dua
last	qhov kawg
last days	hnub nyoog kawg
lasting	nyob tas mus li
lasting happiness	txoj kev zoo siab uas kav mus ib txhis
late	lig
later	ib tsam
Latter–day Saint	tus Neeg Ntseeg hauv Hnub Nyoog Kawg
to laugh	luag
laundromat	lub tsev ntxhua khaub ncaws
laundry	ntxhua khaub ncaws
laundry room	lub chav ntxhua khaub ncaws
laundry soap	xub npus ntxhua khaub ncaws
law	txoj kev cai
law of chastity	txoj kev cai coj dawb huv
lawn	cov nyom
lawyer	tus neeg hais plaub ntug
to lay	tso
to lay off	poob hauj lwm
laying on of hands	tso tes
lazy	tub nkeeg
to lead (guide, direct)	coj
leader	tus thawj coj
leaf	daim nplooj
to learn	kawm
leather	tawv tsiaj
to leave a message	tseg xov xwm
left (direction)	sab laug

leg	txhais ceg
legal	raws kev cai lij choj
lesbian	poj niam tham poj niam
less active member	tus mej zeej uas tsis tshua muaj siab ntseeg
lesson	tej lus qhia
letter	tsab ntawv
lettuce	zaub ntsuab
library	lub tsev qiv ntawv
lice	tus ntshauv
to lie	dag
life (breath/being alive)	txoj sia
life (experiences/actions)	lub neej
to lift	nqa
light	lub teeb
lightning	xob laim
to like	nyiam
lion	tus tsov ntxhuav
lips	daim di ncauj
lipstick	mem pleev di ncauj
list	phau ntawv
to listen	mloog
little	me me
to live (be alive)	muaj txoj sia nyob
to live (lead your life)	ua neej
to live (reside)	nyob
living	muaj txoj sia nyob
living prophet	tus yaj saub uas muaj txoj sia nyob
living room	lub chav nyob
local	hauv cheeb tsam
lock	lub nruas phoo
long	ntev
to look at (stare/glare)	ntsia
to look at (watch)	saib
to look for	nrhiav
loose	xoob
Lord	tus Tswv
to lose (be defeated)	swb
to lose (so that you cannot find)	poob
lost	poob zoov
lotion	tshuaj kom cov nqaij tawv mos
loud	nrov
love	txoj kev hlub
to love	hlub
loving	uas hlub heev
lower	qis dua
lowest	qis tshaj plaws
loyalty	txoj kev muab siab npuab
luck	hmoov
Luke	Lukas
lunch	pluas su
lung	lub ntsws
machine	lub tshuab
magazine	phau ntawv xov xwm
to mail	xa ntawv
mail	tsab ntawv
mailbox	lub thawv txais ntawv
main	qhov tseem ceeb tshaj
to maintain	ceev rawv
major	tseem ceeb heev
to make (build, develope)	ua
to make sure	ua kom tseeb
makeup	khob peeb
Malachi	Malakhais
male	tus txiv neej
man	tus txiv neej
mankind	tib neeg
many	ntau
map	daim pheem thib
March	lub Peb Hlis Ntuj
marital	ntawm txoj kev sib yuav
Mark	Malakaus
market	lub kiab khw
marriage	txoj kev sib yuav
married	sib yuav lawm
Mary	Maiv Liag
mashed potatoes	qos yaj ywm mos
match (competition)	sib tws
material	phau ntawv
mathematics	txoj kev ua lej
Matthew	Mathais
May	lub Tsib Hlis Ntuj
meal	pluas mov
to mean	txhais tias
mean	nyaum
meaning	lub ntsiab
meaningful	muaj lub ntsiab
measles	qhua pias
measuring cup	lub khob ntsuas
measuring spoon	rab diav ntsuas
meat	nqaij
mechanic	tus kws kho tsheb
medicine	tshuaj
medium	nruab nrab
to meet	ntsib
to meet a challenge	kov yeej kev cov nyom
meeting	lub rooj sab laj
meetinghouse	lub tsev sib ntsib
Melchizedek	Mekhixedes
Melchizedek Priesthood	lub Pov Thawj Hwj Mekixedes
member	tus mej zeej
membership	txoj kev ua ib tug mej zeej
Memorial Day	hnub nco txog cov tub rog
merciful	muaj kev hlub tshua
mercy	txoj kev hlub tshua
Merry Christmas	Nyob Zoo Christmas
message	zaj xov xwm
Messiah	Mexiyas
middle school	lub tsev kawm ntawv nruab nrab
mile	mais
milk	mis nyuj
million	plhom

mind	lub hlwb
minister	tus xib hwb
ministry	txoj hauj lwm
minute	feeb
miracle	qhov txuj ci tseem ceeb
mirror	daim iav
misinformation	tej kev qhia tsis yog
to miss (long for)	nco
mission (area)	qhov chaw tshaj tawm txoj moo zoo
mission (goal/purpose)	lub hom phiaj
mission (period of being a missionary)	txoj kev ua tub txib
mission (task)	txoj dej num
mission conference	qhov chaw tshaj tawm txoj moo zoo lub rooj sab laj
mission field	qhov chaw tshaj tawm txoj moo zoo
mission president	qhov chaw tshaj tawm txoj moo zoo tus thawj tswj hwm
missionary (messenger)	tus tub txib
missionary work	cov tub txib txoj hauj lwm
mistake	yuam kev
to mix	xyaw
mobile home	lub tsev uas yus cab tau
modest	paub txaj muag
Monday	Hnub Ib
money	nyiaj
monkey	tus liab
month	lub hlis
moon	lub hli
to mop	txhuam hauv av
mop	tus txhuam tsev
moral	tsim nyog
more fully	haj yam
Mormon	Maumoos
morning	yav sawv ntxov
Moroni	Maulaunais
mortal	txawj tuag
mortality	txoj kev txawj tuag
Moses	Mauxes
Mosiah	Mauxiyas
mosquito	tus yoov tshaj cum
most	feem ntau
mother	tus niam
mother–in–law (as called by man)	tus niam tais
mother–in–law (as called by woman)	tus niam pog
Mother's Day	Niam Hnub
motorcycle	lub mo taus
mountain	lub roob
mouth	lub qhov ncauj
to move (movement)	txav
movie	tus yeeb yam
Mr.	Txiv Ntxawm
Mrs.	Niam
MTC president	MTC tus thawj tswj hwm
much	ntau heev
museum	lub tsev khaws puav pheej
music	zaj nkauj
nail	tus ntsia hlau
name	lub npe
narrow	nqaim
nationality	hom neeg
native	haiv neeg ib txwm nyob
nature (manner)	tus cwj pwm
nature (wilderness)	hav zoov
nauseated	xeev siab
near	ze
necessary	tsim nyog
necessities	tej yam yuav tsum muaj
neck	lub caj dab
necklace	txoj saw
to need	xav tau
need	lub siab xav tau
needle	rab koob
needs	tej kev xav tau
needy	pluag
neighbor	tus kwv tij zej zog
nephew	tus tij laug tus tub
Nephi	Nifais
Nephites	cov neeg Nifais
never	yeej tsis tau
new	tshiab
new convert	tus neeg uas hloov siab los ntseeg tshiab
new member	tus mej zeej tshiab
New Testament	Phau Tshiab
New Years	Noj Peb Caug
newspaper	phau ntawv xov xwm
next	tom ntej no
next to	nyob ib sab
next week	lim tiam tom ntej no
nice (kind)	siab zoo
niece	tus tij laug tus ntxhais
night	hmo
nine	cuaj
nineteen	kaum cuaj
ninety	cuaj caum
ninth	thib cuaj
no	tsis yog
Noah	Nau–es
nobody	tsis muaj leej twg
noise	lub suab nrov
none	tsis muaj ib tug
non–smoking	tsis haus luam yeeb
noon	kaum ob teev yav tav su
normal	tsis txawv
north	sab qaum teb
North America	Amelikas Sab Qaum Teb
northeast	sab qaum teb thiab sab hnub tuaj
northwest	sab qaum teb thiab sab hnub poob

nose	lub qhov ntswg
not	tsis
notarization	tus tseem fwv pom zoo
note	tus ntawv suab nkauj
notebook	phau ntawv sau
to notice	pom
November	lub Kaum Ib Hlis Ntuj
now	nim no
number	tus naj npaws
nurse	tus nais maum
nurture	tu
obedience (doing according to)	txoj kev ua raws li
obedience (listening to)	txoj kev mloog lus
obedient	mloog lus
to obey (do according to)	ua raws li
to obey (listen to)	mloog lus
obligation	ib yam yus yuav tsum ua
obstacle	txoj kev cov nyom
to obtain	txais
to obtain (to accept)	txais tau
to obtain (to get)	tau
ocean	tus dej hiav txwv
October	lub Kaum Hli Ntuj
of	ntawm
off	tawm ntawm
to offer	pub
offering	cov nyiaj pub dawb
office	lub hoob kas
often	feem ntau
oil	cov roj
ointment	tshuaj pleev
old (for people)	laus
Old Testament	Phau Qub
older	hlob
older brother (as called by a male)	tus tij laug
Oliver Cowdery	Olivawj Khaudaulis
Omni	Oonis
on	rau saum
on sale	muag pheej yig
on time	raws sij hawm
once a week	ib zaug txhua lub lim tiam
one	ib
one another	ib leeg rau ib leeg
onion	dos
only	xwb
to open (a speech)	pib
to open (doors, etc)	qhib
to open (eyes, mouth, etc)	rua
opening	qhib
openly	tsis txaj muag
opportunity	lub cib fim
opposite	fab ntxeev
opposition	qhov fab ntxeev
or	los yog
orange	xim kab ntxwv
orchestra	pawg tshuab nkauj
to ordain	tsa
ordained	tau tsa los
order	tus txheej txheem
ordinance	txoj kab ke
ordination	txoj kev tsa los
organist	tus ntaus organ
organization	lub koom haum
to organize	txhim tsa
other	lwm
others	luag lwm tus
ourselves	peb tus kheej
out	tawm sab nraum
outgoing	tsis txaj muag
outside	nraum
outward	kev ua tshwm sab nraud
oven	lub qhov cub
over	hla mus saum
to overcome (conquer, triumph)	kov yeej
to overwhelm	ua kom qaug zog
own	yus li
package	lub thawv
page	daim nplooj
pain	kev mob
pair	nkawm
pajamas	cev ris tsho hnav pw
palm	xib teg
pan	lub yias
pants	ris
paper	daim ntawv
paradise	yeeb tsheej
parasites	tus kab
parent	niam los sis txiv
parents	niam thiab txiv
park	lub tshav pob
parole	txoj kev uas cov tub ceev xwm saib xyuas ib tug neeg uas tau ua txhaum kev cai lawm
part	ib feem
to partake	txais yuav
to participate	koom
partner	tus khub
party	txoj kev ua noj ua haus
part–time	ib nrab sij hawm
to pass	mus dhau
passage (verse)	nqe
past	yav tas los
pastor	tus xib hwb
patience	txoj kev ua siab ntev
patient	muaj siab ntev
patiently	ua siab ntev
patriarch	tus yawg suab
pattern (model)	tus qauv
pattern (process)	tus txheej txheem
pattern of living	qauv rau yus lub neej
Paul	Pov Lauj
to pay	them
payment	nyiaj uas tau them

peace	txoj kev thaj yeeb nyab xeeb
peace of conscience	muaj kev thaj yeeb nyab xeeb
peaceful	muaj kev thaj yeeb nyab xeeb
peach	txiv duaj
peanut butter	txiv laum huab xeeb uas yus pleev tau
pear	txiv mom coos
Pearl of Great Price	phau Hlaws uas Muaj Nqi
peas	lub noob taum
pedigree	daim ntawv qhia tsev neeg caj ceg
pen	tus cwj mem
penalty	lub txim
pencil	tus xaum qhuav
people	cov neeg
pepper (black)	hwj txob
pepper (chili pepper)	kua txob
to perfect	ua zoo tag nrho
perfect	zoo tag nrho
perfectly	zoo tag nrho
period (season/long period of time)	lub caij
period (short period of time)	lub sij hawm
permanently	tas mus li
permission	txoj kev tso lus
permit	daim tso cai
persecuted	raug tsim txom
person	tus neeg
personal	ntawm yus tus kheej
personal study	kawm yus tus kheej
personal time	sij hawm ntawm yus tus kheej
personality	tus cwj pwm
personally	ua rau yus tus kheej
Peter	Petus
pharmacy	lub tsev muag tshuaj
phrase	txoj kab lus
physical	sab cev nqaij daim tawv
physical body	lub cev nqaij daim tawv
physically	ntawm sab nqaij daim tawv
pianist	tus ntaus piano
piano	lub piano
picture	daim duab
piece	ib qhov
pig	tus npua
pill	ntsiav tshuaj
pineapple	txiv puv luj
pioneer	tus npaj kev
place	qhov chaw
to place	tso
to place hands	tso tes
to place under obligation	kom yus yuav tsum ua
plan	txoj hau kev
plan of happiness	txoj kev zoo siab
to plant	cog
plate	daim phiaj
to play	ua si
play	ua si

to play (an instrument–drum, guitar, or piano)	ntaus
to play (an instrument–horn, etc)	tshuab
to plead	taij thov
please	thov
pleasure	zoo siab
to plug	pos
pneumonia	kab mob ntsws
pocket (pants)	lub hnab ris
pocket (shirt)	lub hnab tsho
to point out	qhia
police station	lub tsev tub ceev xwm
policeman	tus tub ceev xwm
political process	txoj kev kav teb kav chaws
pond	lub pas dej
to ponder	xav zoo zoo txog
Pontius Pilate	Phauthi–uas Philaj
poor	pluag
pope	tus thawj txiv plig
pore	qhov hws
pork	nqaij npua
pornography	duab liab qab
position	qhov chaw
possibility	muaj tau
possible	ua tau
post card	tsab ntawv
post office	lub tsev xa ntawv
postal code	tus naj npawb xa ntawv
posterity	cov xeeb leej xeeb ntxwv
to postpone	tos lwm lub sij hawm
pot	lub lauj kaub mov
potato	qos yaj ywm
pound	phaus
to pour (dump)	hliv
to pour (spill)	nchuav
power	lub hwj chim
powerful	muaj hwj chim
to practice	xyaum
to pray	thov Vajtswv
prayer	txoj kev thov Vajtswv
precious	muaj nqi kawg
pregnant	xeeb me nyuam
prelude	zaj nkauj ua ntej pib kev sib ntsib
preparation day	hnub so
to prepare	npaj
prescription	ntawv yuav tshuaj los ntawm kws tshuaj
presence	lub xub ntiag
president	tus thawj tswj hwm
presiding (to preside)	coj
Presiding Bishopric	thawj pawg Npis Sov
pressure	txoj kev nias
to prevent	thaiv
pre–earth	ua ntej nyob hauv ntiaj teb
price	tus nqi

pride	siab hlob
priest	tus txiv plig
priesthood	lub pov thawj hwj
priesthood authority	txoj cai ntawm lub pov thawj hwj
priesthood holder	tus tuav lub pov thawj hwj
Primary	Koom Haum Me Nyuam Yaus
principle	lub ntsiab cai
priority	tseem ceeb
prison	lub qhov taub
private	tsis pub luag tej paub txog
privately	ua kom tsis pub luag tej paub txog
privilege	lub cib fim
probably	nyaj
probation	lub caij sim siab
problem	qhov teeb meem
procreative power	lub hwj chim tsim tub ki
profession	txoj num
to progress	vam meej
progress	txoj kev vam meej
progression	txoj kev vam meej
to prohibit	txwv
to promise	cog lus
promise	lo lus cog tseg
promised	tau cog lus lawm
prophecy	txoj kev qhia txog tej uas yuav muaj los yav tom ntej
prophet	tus yaj saub
to proselyte	ua hauj lwm
protection	txoj kev pov hwm
to protest	tawm tsam
to prove	qhia kom paub qhov tseeb
to provide	muab
psychology	kawm paj hlwb
publicly	ua tab meeg tib neeg
to pull (pull out/ extract)	rho
to pull (tug on)	rub
pulpit	lub sam thiaj
punishment	lub txim
pure (clean)	dawb huv
pure (innocent)	huv
purity (cleanliness)	txoj kev dawb huv
purity (innocence)	txoj kev huv
purple	xim paj yeeb
purse	lub hnab kas paus
to put on	hnav
to put on makeup	thas ntsej muag
to qualify	tsim nyog
quality	zoo npaum li cas
quest	txoj kev raug txib
question	lo lus noog
quiet	ntsiag to
to quit	tseg
quorum	lub pov thawj hwj
Quorum of the Twelve Apostles	pawg Kaum Ob tug Thwj Tim
race	sib tws khiav

radio	lub xov tooj cua
rag	txoj phuam
railroad tracks	tej kev rau lub tsheb ciav hlau
to rain	los nag
rain	nag
raised	tu lawm
rarely	tsawg tsawg
rat	tus nas tsuag
rather	dua li
razor	rab chais hwj txwv
to reach	ncav kom txog
to reach (contact)	ntsib
to reach out	ncav kom txog
to read	nyeem
reading	nyeem ntawv
ready	npaj siab
real intent	lub siab thov tiag tiag
to realize	pom
really (really?)	tiag
really (very)	heev
reason	lub ntsiab
rebirth	txoj kev yug dua tshiab
to receive	txais
to recognize	paub
recommend	tso cai rau
to recommit	rov qab cog lus
record	phau ceev xwm txheej
to record	sau tseg cia
recreational pursuits	tej yam uas lom zem ua
red	xim liab
redeemed	tau kev txhiv dim
Redeemer	tus Txhiv Dim
redemption	txoj kev txhiv dim
to reform	kho dua tshiab
reformer	tus neeg kho
to refrain	tsis ua
refrigerator (freezer)	lub tub yees
regularly	pheej
to reject	xyeej pov tseg
relations	tej kev sib deev
relationship (getting along)	txoj kev sib raug zoo
relationship (how you're related)	sib txheeb li cas
relative	tus txheeb ze
Relief Society	lub Koom Haum Niam Tsev
religion	tej kev teev ntuj
religious	tej kev teev ntuj
to rely (place in another's hands)	vam khom rau
to rely on	vam khom
to remain (stay)	nyob
to remember (recall)	nco qab
to remember (reminisce)	nco txog
to remind	ua kom nco ntsoov
reminder	ua rau yus nco txog
remission of sins	tau kev zam txim
remorse	txoj kev tu siab

to renew	rov ua dua tshiab
renewed	rov qab ua
to repeat	hais dua
to repent	hloov siab lees txim
repentance	txoj kev hloov siab lees txim
to represent	sawv cev
representative	sawv cev
to require	yuam kom ua
to resist	tiv
to resolve	kov yeej
respect	txoj kev hawm
responsibility	txoj kev lav ris
responsible	lav ris
to rest	so
restaurant	lub tsev muag zaub mov
restitution	txoj kev kho
restoration	txoj kev txum txim rov qab los
to restore	txum tim rov qab los
restored	tau muab txum tim rov qab los
restored church	lub koom txoos uas tau raug txum tim rov qab los
result	yam
resume	daim ntawv qhia txog yus tej hauj lwm
resurrected	tau sawv rov los
resurrection	txoj kev sawv hauv qhov tuag rov qab los
to retain	ceev cia
to return	rov qab los
to return (to a familiar/close place)	rov qab los
to return (to an unfamiliar/far-away place)	rov qab tuaj
to reunite	rov qab sib ntsib
reunited	rov qab sib koom ua ke
to reveal	tshwm sim
revealed word	cov lus uas tau tshwm sim los
revelation	txoj kev tshwm sim
reverence	txoj kev tswm seeb
to review	rov qab saib
to reward	muab nqi zog rau
reward	tus nqi zog
rice	mov
rich	nplua nuj
to ride	caij
right (correct)	yog
right (opposite of left)	sab xis
righteous	ncaj ncees
righteousness	txoj kev ncaj ncees
rightfully	muaj cai
ring	lub nplhaib
to rise (ascend)	nce
to rise (stand up)	sawv
river	tus dej
to rob	nyiag
rock	lub pob zeb
role	txoj dej num
role play	ua yeeb yam
roof	lub ruv tsev
room	lub chav
rope	txoj hlua
rose	lub paj dauj kub lag
rough	ntxhib
round	kheej kheej
round trip	mus rov qab los
rule	txoj kev cai
to run	khiav
running	khiav
runny nose	los ntswg
Sabbath	Hnub Caiv
Sabbath day	Hnub Caiv
sacrament	lub cim nco txog
sacrament meeting	lub rooj sab laj txais lub cim nco txog
sacred	dawb ceev
Sacred Grove	Koog Ntoo Dawb Ceev
sacrifice	txoj kev txi
to sacrifice	txi
sad	tu siab
safety	txoj kev tsis muaj xwm txheej
saint	tus neeg ntseeg
salad	zaub ntsuab
salon	lub tsev txiav plaub hau
salt	ntsev
salvation	txoj kev cawm seej
same	zoo ib yam
to sanctify	ua kom dawb huv
sand	cov hmoov zeb
sandals	nkawm khau khiab
sandwich	qhob cij
Santa Claus	tus Yawg Laus Santa Claus
Satan	tus Dab Ntxwg Nyoog
to satisfy	ua kom zoo siab
Saturday	Hnub Rau
sausage	cov hnyuv ntxwm
to save	cawm
saving	cawm
savings	nyiaj ceev cia
Savior	tus Cawm Seej
to say	hais
scale	lub ntsuas
scarf	txoj phuam
schedule	lub sij hawm
school	lub tsev kawm ntawv
science	kawm tej txuj ci
scientist	tus kws txuj
scissors	rab txiav
screw	tus ntsia hlau
scripture	vaj lug kub
scriptures	cov vaj lug kub
sea	tus dej hiav txwv
to seal	khi
sealed	sib khi
sealing	txoj kev cai sib khi

to search (look through)	tshawb
seasoning	txuj lom
second	thib ob
Second Coming	txoj Kev Rov Qab Los Zaum Ob
second floor	theem thib ob
secretary	tus neeg khaws ntaub ntawv
section	ib feem
security	txoj kev tso siab
to see	pom
seed	lub noob
to seek	nrhiav
seer	tus neeg pom tau
selfish	cuaj khaum
selfless	tsis xav txog yus tus kheej
self–control	tswj hwm yus tus kheej
to send	xa
sense	txoj kev hnov
to separate	ncaim
separated	sib ncaim
September	lub Cuaj Hli Ntuj
serious	tiag tiag
servant	tus tub qhe
to serve (render service)	pab
service	txoj kev pab
to set	tso
set apart	tsa
to set apart	tsa
to set aside	tshwj tseg
setting apart	tsa
seven	xya
seventeen	kaum xya
seventh	thib xya
Seventh Day Adventist	tus Neeg Ntseeg Hnub Xya
seventy	xya caum
several	ob peb
sexual	hais txog kev sib deev
to shake	tshee
shame	txoj kev txaj muag
shampoo	tshuaj zawv plaub hau
to share	faib
shark	tus ntses phem
sharp	ntse
to shave	chais
shaving cream	tshuaj chais hwj txwv
to shed for	nrog theej
sheep	tus yaj
shelf	lub txee
ship	lub nkoj
shirt	lub tsho
shoe	nkawm khau
to shop	yuav khoom
shopping	mus yuav khoom
short (duration)	luv
short (height)	qis taub
shorter (duration)	luv zog
shorter (height)	qis taub dua
shorts	lub ris luv
shot	txhaj tshuaj
should	yuav tau ua
shoulder	lub xwb pwg
to shout	hais nrov nrov
to show	ua rau nws pom
to shower	da dej
shower	da dej
shrimp	tus cw
to shut (a door, etc)	kaw
to shut (eyes, mouth, etc)	qi
shy	txaj muag
sibling	tus kwv tij nus muam
sick	mob
sickness	tus mob
side	sab
sidewalk	txoj kev taug ko taw
sight	txoj kev pom
sign	daim paij
silk	daim ntaub yaj pwm
simple (easy)	yooj yim
sin	txoj kev txhaum
to sin	ua txhaum
since	txij
sincere	mob siab ua tiag tiag
sincerely	mob siab ua tiag tiag
sinful	muaj kev txhaum
to sing	hu nkauj
single	ib leeg
sink	lub dab ntxuav tes
sinless	tsis muaj kev txhaum
Sister	Muam
sister (as called by female)	tus viv ncaus
sister (as called by male)	tus muam
sister–in–law (as called by female)	tus nyab
sister–in–law (older brother's wife as called by male)	tus niam tij
sister–in–law (older brothers wife/as called by male)	tus niam tij
sister–in–law (younger brother's wife as called by male)	tus niam ntxawm
sister–in–law (younger brothers wife/as called by male)	tus niam ntxawm
to sit	zaum
six	rau
sixteen	kaum rau
sixth	thib rau
sixty	rau caum
size	luaj li cas
skill	txoj kev muaj cuab kav
skin	daim tawv nqaij
skirt	daim tiab
sky	lub ntuj
slacks	ris
to sleep	pw tsaug zog
sleeve	lub tes tsho
slip	daim tiab sab hauv

slippers	nkawm khau ntaub rau hauv tsev
slow	qeeb
small	me
smaller	me dua
smell	txoj kev hnia
to smell	hnia
smile	luag ntxhi
smoking	haus luam yeeb
smooth	do
snake	tus nab
to sneeze	txham
to snow	los daus
snow	daus
so	ces
soap	xub npus
soccer	ncaws npas
social	nyiam nrog lwm tus koom
society	tus pej xeem
socks	nkawm thoom thaub
soda	dej pev xij
sofa	lub rooj zaum
soft (delicate/gentle)	mos
soft (texture)	muag
solemn (person)	tswm seeb
some	ib txhia
someday	lwm hnub
sometimes	tej thaum
son	tus tub
Son	Leej Tub
son–in–law	tus vauv
soon	tsis ntev no
sore	txoj kev mob
sore throat	mob qa
sorrow	txoj kev tu siab heev
sorry	thov txim
sound	lub suab
soup	kua zaub
source	lub hauv paus
south	sab qab teb
South America	Amelikas Sab Qab Teb
southeast	sab qab teb thiab sab hnub tuaj
southwest	sab qab teb thiab sab hnub poob
space	qhov chaw
to speak	hais lus
speaker	tus hais lus
special	tshwj xeeb
specific	ib yam twg
speech	txoj kev hais lus
to spend	them nyiaj
spider	tus kab laug sab
spirit	tus ntsuj plig
Spirit	tus Ntsuj Plig
spirit of service	lub siab xav pab
spirit of thanksgiving	lub siab xav ua tsaug
Spirit of the Lord	tus Tswv tus Ntsuj Plig
spirit of worship	lub siab xav teev tiam
spirit world	lub ntuj ntsuj plig
spiritual	sab ntsuj plig
spiritually	ntawm sab ntsuj plig
sponge	daim ntaub ntxuav tais diav
spoon	rab diav
sport	txoj kev sib twv
sporting activities	sib tws ua si
spouse	tus txij nkaum
spring	lub caij nplooj ntoo hlav
stairs	cov ntaiv
stake center	lub tsev ceg txheem ntseeg
stake president	ceg txheem ntseeg tus thawj tswj hwm
stamp	daim stamp
to stand	sawv
standard	txoj kev cai
standard works	cov hauv paus vaj lug kub
star	lub hnub qub
to state	hais
state	nyob li cas
steak	nqaij nyuj
to steal	nyiag
steam	pa ncho
step (in a process)	theem
step–father	tus txiv tshiab
step–mother	tus niam tshiab
still, small voice	lub suab yau thiab me
to stir	do
stomach	lub plab
to stop (an action)	tsum
to stop (movement)	nres
stoplight (traffic light)	lub teeb liab
store	lub khw muag khoom
storm	cua daj cua dub
story	zaj dab neeg
stove	lub qhov cub
straight ahead	ncaj qha
strainer	sab cib
strait and narrow path	txoj kev ti thiab nqaim
strange	txawv
stream	tus me nyuam dej
street (avenue)	txoj kev
strength	lub zog
to strengthen	txhawb zog
strengthened	ntsib kev txhawb nqa
strict	coj nruj
strictly	raws nraim li
to strive	siv zog
strong	muaj zog
stronger	muaj zog dua
student	tus kawm
to study	kawm
stuffy nose	txhawb ntswg
subject (vulnerable to)	raug tau
to submit	muab rau
subway	lub tsheb ciav hlau hauv qab av

to succeed	ua tau zoo
success	ua tau zoo
successful	vam meej
successor	tus sawv los coj tom qab
suddenly	dheev
to suffer	raug txom nyem
suffering	txoj kev txom nyem
sugar	piam thaj
suggestion	ib lub tswv yim
suit	cev xuv
suit coat	lub tsho xuv
summer	lub caij sov
sun	lub hnub
Sunday	Hnub Xya
Sunday School	lub Hoob Kawm Vaj Lug Kub
sunflower	lub paj hnub hlis
sunglasses	lub tsom iav dub
sunshine	tshav ntuj
supper	pluas hmo
support	txoj kev txhawb nqa
to support	txhawb nqa
surgery	txoj kev phais
sustained	pom zoo
to swallow	nqos
sweat pants	lub ris ntaub
sweater	lub tsho plaub
to sweep	cheb
sweet	qab zib
to swim	ua luam dej
swimming	ua luam dej
symbol	lub cim
symptom	yam uas qhia tias muaj mob
table	lub rooj
to take (and perform an action)	muab
to take (grasp in hand)	tuav
to take a bus	caij npav
to take off	hle
to take upon	ris
to take upon oneself	ris rau yus tus kheej
talent	txuj ci
to talk	sib tham
tall	siab
to taste	saj
taste	qhov saj
taxi	lub taxi
tea	dej this
to teach (preach)	qhia
teacher (master)	tus xib hwb
teaching (doctrine)	tej lus qhia
teaching (method)	txoj kev qhia
team	pawg
technical college	lub tsev kawm ua hauj lwm
teeth	cov hniav
telephone number	tus xov tooj
telestial	thilethi–aus
television	lub TV
to tell	qhia

temperature	cua kub cua txias
temple	lub tuam tsev
temple work	hauj lwm hauv lub tuam tsev
temporal	sab cev nqaij daim tawv
to tempt	ntxias
temptation	txoj kev ntxias
ten	kaum
Ten commandments	kaum nqe kev cai
tennis	ntaus tennis
tennis shoes	nkawm khau
tenth	thib kaum
terrestrial	thawlethi–aus
to test	sim
testament	zaj lus tim khawv
to testify	ua tim khawv
testimony	zaj lus tim khawv
testimony meeting	lub rooj sab laj hais lus tim khawv
than	dua
to thank	ua tsaug
thankful	ris txiaj
thanks	ua tsaug
thanks to	ua tsaug rau
Thanksgiving	Hnub Ris Txiaj
The Church of Jesus Christ of Latter–day Saints	Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Nt-seeg hauv Hnub Nyoog Kawg
theater	lub tsev ua yeeb yam
there	ntawd
there is (there are)	muaj
they (2)	nkawd
they (more than 2)	lawv
thick	tuab
thin	nyias
thing	qhov
to think	xav
third	thib peb
thirst	txoj kev nqhis dej
thirteen	kaum peb
thirty	peb caug
this	no
though	txawm yog
thought	txoj kev xav
thousand	txhiab
three	peb
throat	lub caj pas
through	dhau los ntawm
to throw (pitch)	txawb
to throw (toss)	pov
thumb	tus ntiv tes xoo
thunder	xob quaj
to thunder	xob quaj
thunderstorm	nag xob nag cua
Thursday	Hnub Plaub
ticket	pib
tie	txoj kas las vav
tiger	tus tsov

tight	ceev
time (as in one more “;time”;)	zaus
time (general, ex: I have time)	lub sij hawm
tired	nkees
tithe	ib feem kaum
tithing	nyiaj ib feem kaum
tithing funds	nyiaj ib feem kaum
tithing settlement	sib tham txog ib feem kaum
title	phau ntawv lub npe
to	rau
toast	qhob cij txhiab
tobacco	luam yeeb
today	hnub no
toe	tus ntiv taw
together	ua ke
toilet	lub viv
tomato	txiv lws suav
tomorrow	tag kis
tongue	tus nplaig
tonight	hmo no
too (also)	thiab
too (beyond)	dhau
tool	rab cuab yeej
tooth	tus hniav
toothbrush	tus txhuam hniav
toothpaste	tshuaj txhuam hniav
top	sab saud
tornado	cov khaub lig cua
total	tag nrho
to touch	kov
tour	ncig saib
toward	rau
town	lub zos
town house	lub tsev
to tract	khob qhov rooj nrhiav neeg
to trade	pauv
train	lub tsheb ciav hlau
train station	lub tsev tos tsheb ciav hlau
to transfer	xa mus lwm qhov
transformed	tau hloov lawm
transgression	txoj kev txhaum
transgressions	tej kev txhaum
to translate	txhais lus
to travel	ncig teb chaws
traveling	ncig teb chaws
to treat	coj tus cwj pwm nrog lwm tus
tree	tsob ntoo
trial	txoj kev hais plaub
trial (a test)	qhov sim siab
trillion	txhiab txhiab plhom
to trim	txiav me ntsis
trip	txoj kev ncig mus
trouble	xeeb txob
true	muaj tseeb
trumpet	lub raj
trust	cia siab
to trust in (rely on)	cia siab rau

truth	qhov tseeb
truthfulness	qhov tseeb
to try (to make an attempt)	sim
to try (to test someone)	sim siab
to try on	sim hnav seb
tub	lub dab ntxuav cev
Tuesday	Hnub Ob
turkey (food)	nqaij qaib ntxhwv
to turn	lem
to turn away	xyeej pov tseg
to turn left	lem sab laug
to turn right	lem sab xis
turtle	tus vaub kib
twelve	kaum ob
twenty	nees nkaum
twice a week	ob zaug txhua lub lim tiam
two	ob
to type	ntaus ntawv
umbrella	lub kaus
unchanging	tsis hloov
uncle (father’s older brother)	tus txiv hlob
uncle (father’s younger brother)	tus txiv ntxawm
uncle (mother’s brother)	tus dab laug
unclean	tsis huv
under	hauv qab
to understand	to taub
understanding	txoj kev to taub
unemployment	nyiaj poob hauj lwm
unhappiness	txoj kev tsis zoo siab
unhappy	tsis zoo siab
to unite	sib koom
United States	lub Teb Chaws Amelikas
unless	tsuas yog
until	txog
up	saum
uplifting	txhawb siab
upstairs	theem saum
to use (as in tools or weapons)	xuas
to use (general)	siv
usually	raws li ib txwm
vaccination	txhaj tshuaj tiv thaiv kab mob
vacuum	nqus tsev
to vacuum	nqus tsev
valid	muaj tseeb
valley	lub hav
values	txoj kev ntseeg
van	lub tsheb loj
vegetable	zaub
vehicle	lub tsheb
verse	nqe
very	heev
view	saib
village	lub zos
violin	lub nkauj laus ncas
virtuous	tsim txiaj
vision	txoj kev ua yog toog
visit	xyuas

to visit	xyuas
visiting teacher	tus mus saib xyuas tom tsev
visitor's center	lub tsev tos neeg tuaj
visitors	cov qhua
vitamins	tshuaj
voice	lub suab
volleyball	ntaus npas
voluntarily	pab dawb
voluntary	pub dawb
volunteer	tus txaus siab pab dawb
to vomit	ntuav
to vote	pov ntawv
vow	lo lus khi
wage	nyiaj hli
to wait	tos
to walk	mus ko taw
wall	daim phab ntsa
wallet	lub hnab nyiaj
to want	xav
war	txoj kev ua tsov ua rog
ward mission leader	pawg ntseeg kev tshaj tawm txoj moo zoo tus thawj coj
ward missionary	pawg ntseeg tus tub txib
warm	sov
to warn	ceeb toom
to wash	ntxhua
washing machine	lub tshuab ntxhua khaub ncaws
watch	lub moo
water	dej
way (path, road, route)	txoj kev
we (2)	wb
we (more than 2)	peb
weak	qaug zog
weaker	qaug zog dua
weakness	txoj kev qaug zog
wealth	nyiaj txiag
to wear (on body)	hnav
to wear (on head)	ntoo
weather	huab cua
wedding	rooj tshoob
Wednesday	Hnub Peb
week	lub lim tiam
weekly	txhua lub lim tiam
weight	hnyav
to welcome	tos txais
well	zoo
west	sab hnub poob
west (direction)	sab hnub poob
wet	ntub
whale	tus ntses loj loj
what	dab tsi
wheat	pias
wheel	lub log
when (answer)	thaum
when (question)	thaum twg
where	qhov twg
which (ex: which one?)	twg
which (who/that, etc)	uas
while	thaum uas
white	xim dawb
who	leej twg
whole	tag nrho
why	vim li cas
wicked	phem
widow	tus poj ntsuam
wife	tus poj niam
will (desire)	lub siab nyiam
willing	kam
willingness	lub siab kam
wind	cua
window	lub qhov rais
wine	dej cawv txiv hmab
winter	lub caij no
wisdom	lub tswv yim
with	nrog
to withdraw	tshem tawm
withdrawal	rho tawm
to withhold	tsis muab
without	tsis muaj
to witness	ua tim khawv
witness	tus tim khawv
woman	tus poj niam
to wonder	xav tsis thoob
wonderful	zoo kawg nkaus
wood	ntoo
wool	plaub yaj
word	lo lus
word of God	Vajtswv txoj lus
Word of Wisdom	Lo Lus Txawj Ntse
work	txoj hauj lwm
to work	ua hauj lwm
world	lub ntiaj teb
worldwide	tag nrho hauv ntiaj teb
worry	txhawj
worse	tsis zoo dua
worship (loud)	teev tiam
to worship (loud)	teev tiam
to worship (quiet)	pe hawm
worthiness	txoj kev tsim txiaj
worthy	tsim txiaj
would	yuav tau
wound	kiav txhab
wreck	tsheb sib tsoo
wrist	lub dab teg
to write	sau ntawv
writings	tej kev sau
wrong	tsis yog
x–ray	xoo fai fab
yard	lub thaj chaw ib ncig tsev
year–end report	daim ntawv qhia txog xyoo tas lawm
yellow	xim daj
yes	aws
yesterday	nag hmo

you	koj
you (2)	neb
you (more than 2)	nej
young	hluas
Young Men	Koom Haum Tub Hluas
Young Women	Koom Haum Ntxhais Hluas
younger	yaus
younger brother (as called by a male)	tus kwv
your	koj
zero	xum
zone	lub thaj chaw
zone conference	thaj chaw lub rooj sab laj
zone leader	tus thawj coj rau thaj chaw

Vocabulary in Alphabetical Order, **Language to Language**

Adas	Adam
Aloos	Aaron
Amas	Alma
amees	amen
Amelikas	America
Amelikas Sab Qab Teb	South America
Amelikas Sab Qaum Teb	North America
Anplaham	Abraham
lus As–Kiv	English (England)
tus aub	dog (puppy/newer word)
cov av	dirt
txiv av paum	apple
av qeeg	earthquake
aws	yes
Buddha	Buddha
txoj cai	authority
caij	to ride
lub caij	period (season/long period of time)
caij luv thij	to bike
lub caij no	winter
caij npav	to take a bus
lub caij nplooj ntoo hlav	spring
lub caij nplooj ntoo zeeg	autumn
lub caij nyoog	dispensation
lub caij sim siab	probation
lub caij sov	summer
lub caj dab	neck
txhais caj npab	arm
lub caj pas	throat
lub cav	engine
cawm	saving
cawm	to save
tus Cawm Seej	Savior
caws	to bend
cawv	alcohol
ceeb toom	to warn
ceev	tight
ceev	to contain
ceev cia	to retain
ceev faj	careful
ceev rawv	to maintain
phau ceev xwm txheej	journal
phau ceev xwm txheej	record
phau ceev xwm txheej	account (story)
txhais ceg	leg
ceg ntseeg tus thawj tswj hwm	branch president
ceg txheem ntseeg tus thawj tswj hwm	stake president
ces	so
lub cev	body
lub cev nqaij daim tawv	physical body
sab cev nqaij daim tawv	physical
sab cev nqaij daim tawv	temporal
chais	to shave
rab chais hwj txwv	razor
lub chav	room

lub chav dej	bathroom
lub chav noj mov	cafeteria
lub chav noj mov	dining room
lub chav nres tsheb	garage
lub chav ntev	hall
lub chav ntxhua khaub ncaws	laundry room
lub chav nyob	living room
lub chav pw	dormitory
lub chav pw	bedroom
lub chav ua mov	kitchen
lub chav ua si	gym
qhov chaw	space
qhov chaw tos npav	bus station
cheb	to sweep
lub cheeb tsam	area
daim chij	flag
chim siab	anger (upset, frustrated)
chim siab	frustrated
tus choj	bridge
ci ci	bright
cia	to allow
cia li ua yam tsis tau xav li	automatic
cia siab	trust
cia siab	to hope (wish)
cia siab rau	to trust in (rely on)
lub cib fim	opportunity
lub cib fim	privilege
lub cim	symbol
lub cim nco txog	sacrament
cog	to plant
cog lus	to promise
cog lus	to commit (committment)
coj	to conduct
coj	to bring forth
coj	to lead (guide, direct)
coj	presiding (to preside)
coj mus tso cia	deposit
tus coj nkauj	chorister
coj nruj	strict
coj tus cwj pwm nrog lwm tus	to treat
kev cov nyom	challenge
cua	wind
cua daj cua dub	storm
cua kub cua txias	temperature
cua sov	heat
rab cuab yeej	tool
cuaj	nine
cuaj caum	ninety
lub Cuaj Hli Ntuj	September
cuaj khaum	selfish
cuav	false
tus cw	shrimp
tus cwj mem	pen
tus cwj pwm	nature (manner)
tus cwj pwm	personality
da dej	to bathe
da dej	shower

da dej	to shower
tus dab	devil
tus dab laug	uncle (mother's brother)
zaj dab neeg	story
lub dab ntxuav cev	tub
lub dab ntxuav tes	sink
tus Dab Ntxwg Nyoog	Satan
dab teb	hell (general)
lub dab teg	wrist
lub dab tsho	collar
dab tsi	what
dag	to lie
xim daj	yellow
dam	to break (into pieces)
daulas	dollar
daus	snow
daus xib daus npus	blizzard
lub dav hlau	airplane
xim dawb	white
dawb ceev	sacred
dawb huv	holy
dawb huv	pure (clean)
deb	distance
deb	far
dej	water
dej	beverage
tus dej	river
dej cawv txiv hmab	wine
tus dej hiav txwv	ocean
tus dej hiav txwv	sea
dej kas fes	coffee
txoj dej num	duty
txoj dej num	mission (task)
txoj dej num	role
dej nyab	flood
dej pev xij	soda
dej this	tea
tus dev	dog (older word)
dhau	too (beyond)
dhau los ntawm	through
dheev	suddenly
dhia piav tes taw	ballet
dhia piav tes taw	dancing
daim di ncauj	lips
dias taub hau	headache
rab diav	spoon
rab diav ntsuas	measuring spoon
dig muag	blind
dim lawm	freed
tus dis kas	deacon
do	smooth
do	to stir
dog dig	careless
dos	onion
dua	again
dua	than
dua li	rather

daim duab	picture
duab liab qab	pornography
txiv duaj	peach
lub duav	back (lower)
xim dub	black
Edees	Eden
Eliyas	Elijah
Enauj	Enoch
Enos	Enos
Ethaws	Ether
Evas	Eve
Exias	Asia
fab ntxeev	opposite
faib	to share
feeb	minute
feem ntau	most
feem ntau	often
pob fij	film
foom koob hmoov	to bless
lub guitar	guitar
hais	to say
hais	to state
hais dua	to repeat
hais lus	to speak
tus hais lus	speaker
hais lus rau	to address
hais nrov nrov	to shout
hais txog	comment
hais txog cov nyiaj	financial
hais txog kev sib deev	sexual
haiv neeg ib txwm nyob	native
haj yam	more fully
txoj hau kev	plan
txoj hauj lwm	work
txoj hauj lwm	ministry
txoj hauj lwm	deed
txoj hauj lwm	job (career)
hauj lwm hauv lub tuam tsev	temple work
tus Hauj Sam	Buddhist
haum	to fit
haus	to boil
haus	to drink
haus dej	drink
haus luam yeeb	smoking
hauv	in
hauv	inside
lub hauv caug	knee
ob lub hauv caug	knees
hauv cheeb tsam	local
lub hauv paus	central
lub hauv paus	source
lub hauv paus	foundation
lub hauv paus ntawm lub koom txoos	Church headquarters
cov hauv paus vaj lug kub	standard works
hauv plawv	center
lub hauv plawv nroog	downtown

lub hauv pliaj	forehead
hauv qab	under
lub hauv qab lawj	basement
lub hauv siab	chest
lub hav	valley
hav zoov	nature (wilderness)
hav zoov	forest
hawm	to honor
heev	really (very)
heev	very
heev	intense
Hilamas	Helaman
hla mus saum	over
hlais	to cut (slice)
hlau tho kos poom	can opener
phau Hlaws uas Muaj Nqi	Pearl of Great Price
hle	to take off
lub hli	moon
lub hlis	month
hliv	to pour (dump)
hlob	older
hloov	to change (alter)
hloov	to adjust
hloov khaub ncaws	to change clothes
hloov kom haum	to adapt
hloov kom tsis yog	distorted
hloov lub tsheb ciav hlau	to change trains
hloov siab lees txim	to repent
txoj hlua	rope
txoj hlua khau	laces
txoj hlua tes	bracelet
hluas	young
hlub	to love
lub hlwb	mind
lub hlwb	brain
txiv hmab	grapes
hmo	night
pluas hmo	supper
pluas hmo	dinner
hmo no	tonight
hmoov	luck
cov hmoov nplej	flour
cov hmoov zeb	sand
lub hnab	backpack
lub hnab	bag
lub hnab kas paus	purse
ob lub hnab looj tes	gloves
lub hnab ntawv	envelope
lub hnab nyiaj	wallet
lub hnab ris	pocket (pants)
lub hnab tsho	pocket (shirt)
hnav	to wear (on body)
hnav	to put on
hnav khaub ncaws	to get dressed
hnia	to smell
hnia	to kiss
cov hniav	teeth
tus hniav	tooth
hnoos	cough
hnoos	to cough
hnov	to feel
hnov	to hear
lub hnub	sun
Hnub Caiv	Sabbath
Hnub Caiv	Sabbath day
hnub Christmas	Christmas
Hnub Ib	Monday
hnub muaj tseg	consecutive
hnub nco txog cov tub rog	Memorial Day
hnub no	today
hnub nyoog	age
hnub nyoog kawg	last days
Hnub Ob	Tuesday
Hnub Peb	Wednesday
hnub phav	holiday
Hnub Plaub	Thursday
sab hnub poob	west (direction)
lub hnub qub	star
Hnub Rau	Saturday
Hnub Ris Txiaj	Thanksgiving
hnub so	preparation day
hnub tim	date
Hnub Tsib	Friday
sab hnub tuaj	east
Hnub Xya	Sunday
Hnub Yexus Sawv Rov Los	Easter
hnub yug	birthday
Hnub Ywj Pheej	Independence Day
hnyav	heavy
hnyav	weight
cov hnyuv ntxwm	sausage
hom lus txawv yus hais	foreign language
hom neeg	nationality
lub hom phiaj	mission (goal/purpose)
lub hoob kas	office
hoob kawm	classroom
hoob kawm	class
lub Hoob Kawm Vaj Lug Kub	Sunday School
hov ntau	amount
hu	to call
pawg hu nkauj	choir
hu nkauj	to sing
hu tuaj los sis sau ntawv	to contact
cov huab	cloud
pos huab	fog
huab cua	weather
huv	clean (adjective)
huv	pure (innocent)
lub hwj	bottle
lub hwj chim	power
lub hwj chim tsim tub ki	procreative power
lub hwj huam	influence
hwj txob	pepper (black)
hwm	honor

daim iav	mirror
ib	a
ib	one
ib feem	section
ib feem	part
ib feem kaum	tithe
lub Ib Hlis Ntuj	January
ib khub	companionship
ib leeg	single
ib leeg	individual
ib leeg rau ib leeg	one another
ib ncig	around
ib nrab	half
ib nrab sij hawm	part–time
ib pawg	group
ib puas xyoo	century
ib qhov	piece
ib tsam	later
ib txhia	some
ib yam li	equal
ib yam twg	specific
ib yam yus yuav tsum ua	obligation
ib zaug txhua lub lim tiam	once a week
Ixayees	Israel
tus kab	parasites
tus kab	insect
tus kab	ladybug
txoj kab	aisle
daim kab das	chalkboard
txoj kab ke	ordinance
txoj kab ke	ceremony
tus kab laug sab	spider
tus kab laum	cockroach
txoj kab lus	phrase
kab mob kev nkeeg	disease
kab mob ntsws	pneumonia
kab noj hniav	cavity
xim kab ntxwv	orange
daim kab xev	cassette tape
kam	willing
kam	to be willing
kam ceev	emergency
xim kas fes	brown
txoj kas las vav	tie
tus Kas Taus Liv	Catholic
kaum	ten
kaum cuaj	nineteen
lub Kaum Hli Ntuj	October
kaum ib	eleven
lub Kaum Ib Hlis Ntuj	November
kaum nqe kev cai	Ten commandments
kaum ob	dozen
kaum ob	twelve
lub Kaum Ob Hlis Ntuj	December
kaum ob teev yav tav su	noon
pawg Kaum Ob tug Thwj Tim	Quorum of the Twelve Apostles
kaum peb	thirteen
kaum plaub	fourteen
kaum rau	sixteen
kaum tsib	fifteen
kaum xya	seventeen
kaum yim	eighteen
lub kaus	umbrella
lub kaus mom	hat
kav mus ib txhis	everlasting
kaw	to shut (a door, etc)
kaw	to end
qhov kawg	last
qhov kawg	end
tus kawm	student
kawm	to study
kawm	to learn
kawm nrog tus khub	companionship study
kawm paj hlwb	psychology
kawm tej txuj ci	science
kawm txog	to find out
kawm yus tus kheej	personal study
zaj keeb kwm	history
kem tsev	department
txoj kev	street (avenue)
txoj kev	way (path, road, route)
txoj kev cai	standard
txoj kev cai	law
txoj kev cai	rule
txoj kev cai coj dawb huv	law of chastity
txoj kev cai raus dej	baptism
txoj kev cai sib khi	sealing
txoj kev caij luv thij	biking
txoj kev cawm seej	salvation
txoj kev cia siab	hope
txoj kev cia siab	confidence
txoj kev coj	direction
txoj kev coj	guidance
txoj kev coj dawb huv	chastity
txoj kev cov nyom	obstacle
txoj kev dawb huv	purity (cleanliness)
txoj kev deev luag poj luag txiv	adultery
txoj kev hais lus	speech
txoj kev hais plaub	trial
txoj kev hawm	respect
txoj kev hawm Vajtswv	devotional
txoj kev hloov	change
txoj kev hloov siab lees txim	repentance
txoj kev hloov siab los ntseeg	conversion
txoj kev hlub	love
txoj kev hlub tshua	mercy
txoj kev hlub tshua	grace
txoj kev hnav	dress (manner of dress)
txoj kev hnia	smell
txoj kev hnov	sense
txoj kev hnov lus	hearing
txoj kev hu	calling
txoj kev huv	purity (innocence)
txoj kev kav teb kav chaws	political process

txoj kev kawm	education
txoj kev kawm koos pis tawj	computer science
txoj kev kawm txog tib neeg tej tswv yim	humanities
txoj kev kawm vaj lug kub thaum tsaus ntuj	fireside
txoj kev khi lus	covenants
txoj kev khi lus	covenant
cov kev khi lus ntawm txoj kev cai raus dej	baptismal covenants
txoj kev kho	restitution
txoj kev lav ris	responsibility
txoj kev lav ris	accountability
txoj kev lees	confession
txoj kev lis kev cai	culture
txoj kev loj	freeway
txoj kev loj	highway
txoj kev loj hlob	growth
txoj kev mloog lus	obedience (listening to)
kev mob	pain
txoj kev mob	sore
txoj kev muab faus	burial
txoj kev muab siab npuab	loyalty
txoj kev muaj cuab kav	skill
txoj kev ncaj ncees	righteousness
txoj kev ncig mus	trip
txoj kev nias	pressure
txoj kev noj qab nyob zoo	health
txoj kev nplij siab	comfort
txoj kev nqhis dej	thirst
txoj kev nrhiav caj ceg	genealogy
txoj kev nrog tus txij nkawm	fidelity
txoj kev ntseeg	faith
txoj kev ntseeg	values
txoj kev ntseeg	belief
txoj kev ntshai	fear
txoj kev ntxhov siab	confusion
txoj kev ntxias	temptation
txoj kev pab	help
txoj kev pab	service
txoj kev pab ntxiv rau	contribution
txoj kev pam tuag	funeral
txoj kev phais	surgery
txoj kev pleev roj	anointing
txoj kev pom	sight
txoj kev pom zoo	confirmation
txoj Kev Poob	Fall
txoj kev pov hwm	protection
txoj kev qaug zog	weakness
txoj kev qhia	instruction
txoj kev qhia	teaching (method)
tej kev qhia tsis yog	misinformation
txoj kev qhia txog tej uas yuav muaj los yav tom ntej	prophecy
tej kev rau lub tsheb ciav hlau	railroad tracks
txoj kev rau siab ntseeg	faithfulness
txoj kev ris txiaj	gratitude
txoj Kev Rov Qab Los Zaum Ob	Second Coming
tej kev sau	writings
txoj kev sawv hauv qhov tuag rov qab los	resurrection
txoj kev siab hlub	charity
tej kev sib deev	relations
txoj kev sib haum xeeb	harmony
txoj kev sib ntsib hauv lub koom txoos	church services
txoj kev sib ntsib muab neeg ua kev cai raus dej	baptismal service
txoj kev sib raug zoo	relationship (getting along)
txoj kev sib tshuam	intersection
txoj kev sib twv	sport
txoj kev sib yuav	marriage
txoj kev siv zog	exercise
txoj kev taug ko taw	sidewalk
txoj kev teeb duab	art
tej kev teev ntuj	religious
tej kev teev ntuj	religion
txoj kev thaj yeeb nyab xeeb	peace
txoj Kev Theej Txhoj	Atonement
txoj kev thov caw	invitation
txoj kev thov Vajtswv	prayer
txoj kev ti	alley
txoj kev ti thiab nqaim	strait and narrow path
txoj kev to taub	understanding
txoj kev tsa los	ordination
txoj kev tsa nto	exaltation
txoj kev tsaus ntuj	darkness
txoj kev tshaib plab	hunger
txoj kev tshaj tawm	announcements
txoj kev tshoov siab	inspiration
txoj kev tshwm sim	revelation
txoj kev tshwm sim los	appearance
txoj kev tsim txiaj	worthiness
txoj kev tsis mloog lus	disobedience
txoj kev tsis muaj txim	innocence
txoj kev tsis muaj xwm txheej	safety
txoj kev tsis ntseeg	disbelief
txoj kev tsis txawj tuag	immortality
txoj kev tsis zoo siab	unhappiness
txoj kev tso lus	permission
txoj kev tso qhov tseeb tseg	apostasy
txoj kev tso siab	security
txoj kev tswm seeb	reverence
txoj kev tu siab	remorse
txoj kev tu siab heev	sorrow
txoj kev tuag	death
txoj kev txaj muag	shame
txoj kev txaj muag	guilt
txoj kev txawj ntse	knowledge
txoj kev txawj tuag	mortality
txoj kev txhaum	sin
txoj kev txhaum	transgression
tej kev txhaum	transgressions
txoj kev txhaum kev cai	crime

txoj kev txhawb nqa	support
txoj kev txhawj xeeb	concern
txoj kev txhiv dim	redemption
txoj kev txi	sacrifice
txoj kev txiav txim	judgment
txoj kev txiav txim siab	decision
txoj kev txim lij	justice
txoj kev txo hwj chim	humility
txoj kev txom nyem	suffering
txoj kev txum txim rov qab los	restoration
tej kev ua	action
tej kev ua	dealings
txoj kev ua ib tug mej zeej	membership
txoj kev ua laj ua luam	business
txoj kev ua lej	mathematics
txoj kev ua noj ua haus	party
txoj kev ua num	labor
txoj kev ua raws li	obedience (doing according to)
txoj kev ua si	game
txoj kev ua siab ntev	patience
txoj kev ua tsev	engineering
kev ua tshwm sab nraud	outward
txoj kev ua tsov ua rog	war
txoj kev ua tub txib	mission (period of being a missionary)
txoj kev ua yog toog	vision
txoj kev vam meej	progress
txoj kev vam meej	progression
txoj kev xaiv	choice
txoj kev xav	thought
tej kev xav tau	needs
txoj kev xyiv fab	joy
txoj kev yaum ua	encouragement
txoj kev yoo mov	fasting
txoj kev yug dua tshiab	rebirth
txoj kev yug los	birth
txoj kev ywj pheej	freedom
txoj kev ywj siab	agency
txoj kev zam txim	forgiveness
txoj kev zoo siab	happiness
txoj kev zoo siab	plan of happiness
txoj kev zoo siab heev	excitement
txoj kev zoo siab uas kav mus ib txhis	lasting happiness
nkawm khau	tennis shoes
nkawm khau	shoe
nkawm khau khiab	sandals
nkawm khau looj plab hlaub	boots
nkawm khau ntaub rau hauv tsev	slippers
nkawm khau ua zam	dress shoes
cov khaub lig cua	tornado
cov khaub ncaws	clothes
tus khaub rhuab	broom
tus khauj khaum	crab
lub khawm	button
khaws	to keep
khaws tej khoom	collecting
kheej kheej	round
Khetos	Christ
Khexemanes	Gethsemane
khi	binding
khi	to seal
khi lus	to covenant
lub khiab mis	bra
khiav	to run
khiav	running
khiav dim	exodus
kho	to correct
kho	to heal
kho dua tshiab	to reform
kho kom zoo dua	to improve
kho mob	healing
lub khob	cup
lub khob iav	glass
lub khob ntsuas	measuring cup
khob peeb	makeup
khob qhov rooj nrhiav neeg	to tract
khoom	free time
khoom	available
tej khoom dai zoo nkauj	decorations
khoom plig	gift (a present)
khoom ua nkauj	instrument
tus khub	companion
tus khub	partner
lub khw muag khoom	store
khwv	busy (working hard)
khwv tau	to earn
lub kiab khw	market
kiav txhab	wound
kim	expensive
kis laus	kilo
kiv taub hau	dizzy
txhais ko taw	foot
koj	you
koj	your
kom yus yuav tsum ua	to place under obligation
rab koob	needle
txoj koob hmoov	blessing
lub koob thaij duab	camera
koog chaw	district
koog chaw lub rooj sab laj	district meeting
koog chaw tus thawj tswj hwm	district president
koog ntoo	grove of trees
Koog Ntoo Dawb Ceev	Sacred Grove
koom	to join
koom	to participate
lub koom haum	organization
Koom Haum Me Nyuam Yaus	Primary
lub Koom Haum Niam Tsev	Relief Society
Koom Haum Ntxhais Hluas	Young Women
lub koom haum pab	auxiliary
Koom Haum Tub Hluas	Young Men
lub koom txoos	church (organization)

lub koom txoos cov thawj coj	church leaders
lub koos pis tawj	computer
kos poom	can
kov	to touch
kov yeej	to overcome (conquer, triumph)
kov yeej	to resolve
kov yeej kev cov nyom	to meet a challenge
kua kho plaub hau	gel
kua pleev di ncauj	chap stick
kua txiv hmab txiv ntoo	juice
kua txiv lws suav	ketchup
kua txob	pepper (chili pepper)
kua zaub	soup
kuaj xyuas	to check
tus kub	horn
kub hnyiab	burn
kuv	I
tus kws kho fai fab	electrician
tus kws kho hniav	dentist
tus kws kho mob	doctor
tus kws kho tsheb	mechanic
tus kws txuj	scientist
tus kws ua tsev	engineer
tus kwv	younger brother (as called by a male)
tus kwv tij	cousin (from father's side)
cov kwv tij neej tsa	extended family
tus kwv tij nus muam	sibling
cov kwv tij zej zog	community
tus kwv tij zej zog	neighbor
lag ntseg	deaf
txoj laj kab	fence
sab laug	left (direction)
lub lauj kaub mov	pot
laus	old (for people)
lav lus	to guarantee
lav ris	responsible
lawg	hail
lawv	they (more than 2)
lawv qab	following
lawv qab	to follow (behind)
leej twg	who
leej twg los tau	anyone
lees	to acknowledge
lees	to confess
lees txais	to accept
lees yuav	to claim
lem	to turn
lem sab laug	to turn left
lem sab xis	to turn right
li cas	how
xim liab	red
tus liab	monkey
lig	late
lub lim tiam	week
lim tiam tom ntej no	next week
lub liv khaub ncaws	iron
lub log	wheel
loj	big
loj	large
loj dua	larger
loj dua	bigger
loj heev	extra large
loj hlob	to grow
loj hlob	to increase
loj hlob tuaj	to grow up
loj tshaj	extra large
lom zem	fun
los	to come (to a familiar/close place)
los daus	to snow
los nag	to rain
los ntawm	from
los ntawm Vajtswv los	divine
los ntshav	to bleed
los ntswg	runny nose
los nyob ze	to grow closer
los xyuas	to come by (a familiar place)
los yog	or
lov	to break (in half)
luag	to laugh
luag lwm tus	others
luag ntxhi	smile
luaj li cas	size
luam yeeb	tobacco
lub koom txoos uas tau raug txum tim rov qab los	restored church
lub siab thov tiag tiag	real intent
lub suab yau thiab me	still, small voice
lub luj taw	heel
lub luj tshib	elbow
Lukas	Luke
lo lus	word
lo lus cog tseg	promise
lo lus cog tseg	commitment
lus dab ros	joke
lo lus khi	vow
lo lus noog	question
tej lus qhia	lesson
tej lus qhia	teaching (doctrine)
cov lus qhuab ntuas	counsel
cov lus qhuab qhia	doctrine
phau Lus Qhuab Qhia thiab Kev Khi Lus	Doctrine and Covenants
lo lus teb	answer
zaj lus tim khawv	testament
zaj lus tim khawv	testimony
Lo Lus Txawj Ntse	Word of Wisdom
txoj lus txib	commandment
cov lus uas tau tshwm sim los	revealed word
luv	short (duration)
lub luv thij	bicycle (bike)
luv zog	shorter (duration)
lwj lawm	corrupted

lwm	other
lwm hnub	someday
lwm lub teb chaws	international
lwm tus	another
mais	mile
Maiv Liag	Mary
maj	hurry (b/c of some outside force)
maj mam ua	gentle
Malakaus	Mark
Malakhais	Malachi
Mathais	Matthew
Maulaunais	Moroni
Maumoos	Mormon
Mauxes	Moses
Mauxiyas	Mosiah
me	small
me dua	smaller
me me	little
cov me nyuam	children
tus me nyuam	child
tus me nyuam dej	stream
tus me nyuam mos liab	baby
tus me nyuam ntxhais	girl
meej	clear (understandable)
tus mej zeej	member
cov mej zeej ntawm lub koom txoos	church members
tus mej zeej tshiab	new member
tus mej zeej uas muaj siab ntseeg	active member
tus mej zeej uas tsis tshua muaj siab ntseeg	less active member
Mekhixedes	Melchizedek
mem pleev di ncauj	lipstick
Mexiyas	Messiah
lus Mikas	English (American)
mis nyuj	milk
mis nyuj khov kho	cream (food)
tus miv	cat
tus mlom	graven image
mloog	to listen
mloog lus	obedient
mloog lus	to obey (listen to)
lub mloog ntawm pob ntseg	headset
lub mo taus	motorcycle
mob	achy
tus mob	sickness
mob	to hurt
mob	sick
mob khaub thuas	cold (illness)
mob qa	sore throat
mob siab ua tiag tiag	sincere
mob siab ua tiag tiag	sincerely
roob moj sab qhua	desert
lub moo	watch
lub moo	clock

txoj moo zoo	gospel
txoj moo zoo tej kev cai	gospel standards
mos	soft (delicate/gentle)
pluas mov	meal
mov	rice
MTC tus thawj tswj hwm	MTC president
muab	to give (in hand/tangibles)
muab	to confer
muab	to provide
muab	to take (and perform an action)
muab nqi zog rau	to reward
muab ntsia saum tus ntoo khaub lig	to crucify
muab pov tseg	to eliminate
muab rau	to submit
muab ua kev cai raus dej	to baptize
muag	soft (texture)
muag pheej yig	on sale
muaj	to have (possess)
muaj	there is (there are)
muaj cai	authorized
muaj cai	rightfully
muaj hwj chim	powerful
muaj kev hlub tshua	merciful
muaj kev lom zem	to have fun
muaj kev ntseeg	faithful
muaj kev ntseeg ua	faithfully
muaj kev thaj yeeb nyab xeeb	peaceful
muaj kev thaj yeeb nyab xeeb	peace of conscience
muaj kev txhaum	sinful
muaj kev ywj siab	free (having liberty)
muaj los	to happen
muaj lub ntsiab	meaningful
muaj nqi kawg	precious
muaj nqi npaum li cas	to cost
muaj siab nquag	active
muaj siab ntev	patient
muaj tau	possibility
muaj tseeb	valid
muaj tseeb	true
muaj txoj sia nyob	to live (be alive)
muaj txoj sia nyob	living
muaj zog	strong
muaj zog dua	stronger
tus muam	sister (as called by male)
Muam	Sister
mus	to go
mus dhau	to pass
mus ib txhis	infinite
mus ib txhis	forever
mus ib txhis	eternity
mus ko taw	to walk
mus koom	to attend
mus koom kev sib tham txog ib feem kaum	to attend tithing settlement
mus lub tuam tsev	to attend the temple
mus rov qab los	round trip

tus mus saib xyuas tom tsev	visiting teacher
mus txog los sis tuaj txog	to arrive
mus yuav khoom	shopping
tus muv	bee
tus nab	snake
nag	rain
nag hmo	yesterday
nag xob nag cua	hurricane
nag xob nag cua	thunderstorm
tus nais maum	nurse
tus naj npawb xa ntawv	postal code
tus naj npaws	number
tus nas tsuag	rat
Nau–es	Noah
ncaim	to separate
ncaj	honestly
ncaj ncees	righteous
ncaj qha	straight ahead
ncav	to extend
ncav kom txog	to reach
ncav kom txog	to reach out
ncaws	to kick
ncaws npas	soccer
ncaws npas	football (not American)
nce	to rise (ascend)
nce roob	hiking
nce roob	climbing
lub nceeg vaj	kingdom
nchuav	to pour (spill)
ncig saib	tour
ncig teb chaws	to travel
ncig teb chaws	traveling
nco	to miss (long for)
nco qab	to remember (recall)
nco txog	to remember (reminisce)
neb	you (2)
tus neeg	person
cov neeg	people
tus neeg hais plaub ntug	lawyer
tus neeg hloov siab los ntseeg	convert
tus neeg kawm txoj moo zoo	investigator
tus neeg khaws ntaub ntawv	secretary
tus neeg khaws ntaub ntawv	clerk
tus neeg kho	reformer
cov neeg Lamas	Lamanites
tus neeg laus	adult
cov neeg Nifais	Nephites
tus neeg ntseeg	saint
tus Neeg Ntseeg hauv Hnub Nyoog Kawg	Latter–day Saint
tus Neeg Ntseeg Hnub Xya	Seventh Day Adventist
tus Neeg Ntseeg Khetos	Christian
cov neeg nyob hauv ib thaj tsam	inhabitants
tus neeg pom tau	seer
tus neeg qhia tom tsev	home teacher
tus neeg txawv teb chaws	immigrant
tus neeg ua laj ua luam	businessman
tus neeg ua liaj ua teb	farmer
tus neeg ua yeeb yam	actor
tus neeg uas hloov siab los ntseeg tshiab	new convert
tus neeg uas nyob hauv zaj dab neeg	character (in a story)
cov neeg uas yuav los ua kev cai raus dej	baptismal candidates
tus neeg Yudais	Jewish
lub neej	life (experiences/actions)
tus neej tsa	cousin (from mother's side)
tus nees	horse
nees nkaum	twenty
nej	you (more than 2)
niaj hnub	daily
Niam	Mrs.
tus niam	mother
Niam Hnub	Mother's Day
niam los sis txiv	parent
tus niam ntxawm	sister–in–law (younger brother's wife as called by male)
tus niam ntxawm	sister–in–law (younger brothers wife/as called by male)
tus niam pog	mother–in–law (as called by woman)
tus niam tais	grandmother (on mother's side)
tus niam tais	mother–in–law (as called by man)
tus niam tais	aunt (mother's sister)
niam thiab txiv	parents
tus niam tij	sister–in–law (older brothers wife/as called by male)
tus niam tij	sister–in–law (older brother's wife as called by male)
tus niam tshiab	step–mother
khub niam txiv	couple
Nifais	Nephi
nim no	now
nkag hauv	to enter
nkas loos	gallon
zaj nkauj	music
lub nkauj laus ncas	violin
zaj nkauj qhuas Vajtswv	hymn
zaj nkauj ua ntej pib kev sib ntsib	prelude
nkawd	they (2)
nkawm	pair
nkees	tired
lub nkoj	boat
lub nkoj	ship
no	cold (weather/physical state)
no	this
noj	to feast
noj	to eat
Noj Peb Caug	New Years
noj qab nyob zoo	healthy
noj tshuaj raws caij nyoog	dosage

lub noob	seed
lub noob taum	peas
tus noog	bird
noog	to ask
npaj	to prepare
tus npaj kev	pioneer
npaj siab	to be ready
npaj siab	ready
npau taws	anger (boiling mad)
tus npauj npaim	butterfly
npaum li cas	how much (to what degree)
daim npav	card
daim npav debit	debit card
daim npav tiv nqi	credit card
lub npe	name
lub npe tag nrho	full name
Npelehees	Bethlehem
npias	beer
tus npis sov	bishopric
tus npis sov	bishop
thawj pawg Npis Sov	Presiding Bishopric
tus nplaig	tongue
tus nplauv ntsis plaub hau	hair brush
lub nplhaib	ring
nplij siab	to comfort
daim nplooj	leaf
daim nplooj	page
lub nplov	block
nplua nuj	rich
npog	to cover
daim npoo tsev	floor
tus npua	pig
nqa	to carry (in hands/arms)
nqa	to lift
nqaij	meat
nqaij daim tawv	flesh
nqaij npua	pork
nqaij npua	ham
nqaij npua kib	bacon
nqaij ntses	fish (food)
nqaij nyuj	steak
nqaij nyuj zom	ground beef
nqaij qaib	chicken (food)
nqaij qaib ci	fried chicken
nqaij qaib ntxhwv	turkey (food)
nqaim	narrow
nqe	verse
nqe	passage (verse)
tus nqi	cost
tus nqi	bill
tus nqi	price
tus nqi zog	reward
nqos	to swallow
nquag	enthusiastic
nqus tsev	to vacuum
nqus tsev	vacuum
lub nra	burden

nram	down
lub nraub qaum	back (upper)
nraum	outside
nres	to stop (movement)
nrhiav	to look for
nrhiav	to seek
nrhiav tau	to find
nrog	with
nrog theej	to shed for
tus nrog yus ua hauj lwm	co–worker
lub nroog	city
nrov	aloud
nrov	loud
nruab hnub	day
nruab nrab	medium
nruab nrab ntawm	between
lub nruas	drums
lub nruas phoo	lock
cov ntaiv	stairs
ntau	many
ntau	to click the computer mouse
ntau heev	much
ntau nplua mias	abundantly
daim ntaub npog mob	bandage
daim ntaub ntxuav tais diav	sponge
daim ntaub paj	cotton
daim ntaub pua taw rooj	carpet
daim ntaub qhov rais	curtains
daim ntaub ua rau khaub ncaws mos mos	dryer sheet
daim ntaub yaj pwm	silk
ntaus	to hit
ntaus	to play (an instrument–drum, guitar, or piano)
ntaus golf	golfing
ntaus npas	baseball (softball)
ntaus npas	volleyball
ntaus ntawv	to type
tus ntaus organ	organist
tus ntaus piano	pianist
ntaus tennis	tennis
ntawd	there
ntawm	of
ntawm	at (this place)
ntawm no	here
ntawm sab nqaij daim tawv	physically
ntawm sab ntsuj plig	spiritually
ntawm txoj kev sib yuav	marital
ntawm yus tus kheej	personal
phau ntawv	book
daim ntawv	paper
phau ntawv	material
phau ntawv	list
phau ntawv lub npe	title
Phau Ntawv Maumoos	Book of Mormon
daim ntawv pov thawj	certificate

daim ntawv pov thawj rau kev yug los	birth certificate
daim ntawv pov thawj zoo	degree
daim ntawv pub nyiaj siab dawb	donation slip
daim ntawv qhia kev	chart
daim ntawv qhia tsev neeg caj ceg	pedigree
daim ntawv qhia txog xyoo tas lawm	year–end report
daim ntawv qhia txog yus tej hauj lwm	resume
phau ntawv sau	notebook
tus ntawv suab nkauj	note
daim ntawv thov hauj lwm	application
daim ntawv tso cai tsav tsheb	driver's license
phau ntawv txhais lus	dictionary
phau ntawv xov xwm	newspaper
phau ntawv xov xwm	magazine
ntawv yuav tshuaj los ntawm kws tshuaj	prescription
ntev	long
ntev li cas	how long
lub nthab	attic
ntiab tawm hauj lwm mus	to fire
lub ntiaj teb	earth
lub ntiaj teb	world
ntiav	to hire
tus ntiv taw	toe
tus ntiv tes	finger
tus ntiv tes xoo	thumb
ntoo	to wear (on head)
ntoo	wood
tsob ntoo	tree
tsob ntoo Christmas	Christmas tree
tus ntoo khaub lig	cross
tus ntsaum	ant
ntse	sharp
tus ntseeg	disciple
ntseeg	to believe
pawg ntseeg	congregation
tus ntses	fish (animal)
tus ntses loj loj	whale
tus ntses phem	shark
ntsev	salt
ntshai	afraid (of something)
tus ntshauv	lice
cov ntshav	blood
ntshaw	to desire (strongly desire)
ntshaw	to covet
ntshiab	fresh
ntsia	to look at (stare/glare)
tus ntsia hlau	screw
tus ntsia hlau	nail
lub ntsiab	reason
lub ntsiab	meaning
lub ntsiab cai	principle
ntsiag to	quiet
ntsiav tshuaj	pill
ntsib	to reach (contact)
ntsib	to meet
ntsib	to face (usually good things)
ntsib	to experience (usually some-thing good)
ntsib kev txhawb nqa	strengthened
ntsis	to comb
ntsis	to brush (hair)
xim ntsuab	green
ntsuas	to chew
lub ntsuas	scale
tus Ntsuj Plig	Spirit
tus ntsuj plig	spirit
sab ntsuj plig	spiritual
lub ntsws	lung
ntuav	to vomit
ntub	wet
ntug	edge
ntug dej hiav txwv	beach
ntug dej hiav txwv	coast
ntug zos	countryside
lub ntuj	sky
lub ntuj ntsuj plig	spirit world
ntuj txiag teb tsaus	hell (scriptural)
tus ntxhais	daughter
tus ntxhais xeeb ntxwv	granddaughter
ntxhib	rough
ntxhov siab	confused
ntxhua	to wash
ntxhua khaub ncaws	to do laundry
ntxhua khaub ncaws	laundry
tus ntxhw	elephant
ntxias	to tempt
ntxov	early
ntxuav	to cleanse
ntxub	to hate
txoj num	profession
tus nus	brother (as called by a female)
nws	his (her)
nws	it (he, she)
tus nyab	sister–in–law (as called by female)
nyaj	probably
nyaum	mean
nyeem	to read
nyeem ntawv	reading
nyiag	to steal
nyiag	to rob
nyiaj	to endure
nyiaj	money
nyiaj ceev cia	savings
nyiaj hli	wage
nyiaj ib feem kaum	tithing funds
nyiaj ib feem kaum	tithing
diam nyiaj npib	coin
nyiaj ntsuab	cash

nyiaj poob hauj lwm	unemployment
cov nyiaj pub dawb	offering
cov nyiaj pub dawb	donation
nyiaj txiag	wealth
nyiaj txiag khwv tau	income
nyiaj uas tau them	payment
cov nyiaj yoo mov	fast offering
nyiam	to like
nyiam	to enjoy (activities/experiences)
nyiam nrog lwm tus koom	social
nyiam tshaj	favorite
nyias	thin
nyias	each
nyob	to be (located)
nyob	to live (reside)
nyob	to remain (stay)
nyob hauv	among
nyob ib sab	next to
nyob li cas	state
nyob mus ib txhis	eternal
nyob mus ib txhis	eternally
nyob rau hauv	to include
nyob raws	along
nyob tas mus li	lasting
nyob ze	by
nyob zoo	hello
Nyob Zoo Christmas	Merry Christmas
nyob zoo lawm	healed
Nyob Zoo Xyoo Tshiab	Happy New Year
cov nyom	grass
cov nyom	lawn
nyoo	to give in
nyuaj	hard (difficult)
nyuaj	complex
nyuaj siab kho siab	depressed
tus nyuj	cow
ob	two
lub Ob Hlis Ntuj	February
ob peb	several
ob peb	few
ob yam	both
ob zaug txhua lub lim tiam	twice a week
Olivawj Khaudaulis	Oliver Cowdery
Oonis	Omni
tus os	duck
pa	air
pa ncho	steam
pab	to help (meet needs, assist)
pab	to serve (render service)
tus pab cuam	counselor
tus pab cuam	assistant
pab dawb	voluntarily
pab ntxiv rau	to contribute
pab tau	helpful
daim paij	sign
lub paj dauj kub lag	rose
lub paj hnub hlis	sunflower
lub paj ntoos	flower
xim paj yeeb	purple
lub pas dej	pond
lub pas dej loj	lake
paub	to recognize
paub	to know
paub leej twg	to know someone
paub tiag tiag	assurance
paub txaj muag	modest
paub txog	aware
pauv	to distort
pauv	to trade
pauv	to change (switch)
pauv	to exchange
pawg	team
pawg ntseeg kev tshaj tawm txoj moo zoo tus thawj coj	ward mission leader
pawg ntseeg tus tub txib	ward missionary
pe hawm	to worship (quiet)
peb	we (more than 2)
peb	three
peb caug	thirty
lub Peb Hlis Ntuj	March
peb tus kheej	ourselves
lub peev xwm	ability
tus pej xeem	society
tus pej xeem	citizen
pes tsawg	how much (how many)
pes tsawg zaus	how often
Petus	Peter
daim phab ntsa	wall
Phau Tshiab	New Testament
tus phauj	aunt (father's sister)
phaus	pound
Phauthi–uas Philaj	Pontius Pilate
pheej	regularly
pheej	commonly
pheej ua tib yam li qub	consistently
pheej yig	cheap
daim pheem thib	map
phem	harmful
phem	wicked
phem	evil
daim phiaj	plate
cov phiaj kub	gold plates
tus phooj ywg	friend
cov phooj ywg	circle of friends
txoj phuam	scarf
txoj phuam	rag
piam sij	to destroy
piam thaj	sugar
lub piano	piano
pias	wheat
piav	to explain
piav	to express
piav	to describe
pib	ticket

pib	to begin (start)
pib	to open (a speech)
piv	to compare
piv	to apply (relate)
qhov piv txwv	example (analogy)
lub plab	stomach
plaub	four
plaub caug	forty
cov plaub hau	hair
lub Plaub Hlis Ntuj	April
plaub yaj	wool
lub plawv	heart (organ)
lub plawv zeb	keystone
pleev roj	to anoint
plhom	million
sab plhu	cheek
pluag	needy
pluag	poor
lub pob	ball
pob kws	corn
lub pob ntseg	ear
pob qij txha	joint
lub pob taws	ankle
tus pob txha	bone
lub pob zeb	rock
lub pob zeb ntawm ces kaum tsev	cornerstone
tus pog	grandmother (from father's side)
pog thiab yawg	grandparents
poj koob yawg koob	great–grandparents
tus poj koob yawm txwv	ancestor
tus poj niam	wife
tus poj niam	female
tus poj niam	woman
poj niam tham poj niam	lesbian
tus poj ntsuam	widow
pom	to notice
pom	to realize
pom	to see
pom tau	to distinguish
pom zoo	sustained
pom zoo	to confirm
poob	to lose (so that you cannot find)
poob hauj lwm	to lay off
poob siab	afraid (scared)
poob zoov	lost
pos	to plug
pos hniav	gums
pov	to throw (toss)
Pov Lauj	Paul
pov npas	basketball
pov ntawv	to vote
lub pov thawj hwj	priesthood
lub pov thawj hwj	quorum
lub Pov Thawj Hwj Aloos	Aaronic Priesthood
lub Pov Thawj Hwj Mekixedes	Melchizedek Priesthood

koog pov txwv	island
lub puab tsaig	chin
qhov puam pheej	evidence
puas	hundred
pub	to offer
pub	to give (freely/intangibles)
pub dawb	voluntary
pub nyiaj dawb	to donate
txiv puv luj	pineapple
puv sij hawm	full–time
pw hav zoov	camping
pw tsaug zog	to sleep
qab	bottom
lub qab nthab	ceiling
sab qab teb	south
qab zib	sweet
tus qaib	chicken (animal)
qaug zog	weak
qaug zog dua	weaker
sab qaum teb	north
tus qauv	pattern (model)
qauv rau yus lub neej	pattern of living
qauv siv sau ntawv thiab hais lus	grammar
lub qe	egg
cov qe	eggs
qeeb	slow
qhia	to teach (preach)
qhia	to tell
qhia	to point out
qhia kev	directions
qhia kom paub qhov tseeb	to prove
qhia rau	to introduce
qhib	opening
qhib	to open (doors, etc)
qhob cij	sandwich
qhob cij	bread
qhob cij txhiab	toast
qhov	thing
qhov chaw	place
qhov chaw	position
tus qhov chaw nyob	address
qhov chaw tshaj tawm txoj moo zoo	mission field
qhov chaw tshaj tawm txoj moo zoo	mission (area)
qhov chaw tshaj tawm txoj moo zoo lub rooj sab laj	mission conference
qhov chaw tshaj tawm txoj moo zoo tus thawj tswj hwm	mission president
lub qhov cub	stove
lub qhov cub	oven
qhov fab ntxeev	opposition
qhov hws	pore
lub qhov muag	eye
lub qhov ncauj	mouth
lub qhov ntswg	nose

lub qhov ntxa	grave
lub qhov rais	window
lub qhov rooj	door
lub qhov taub	prison
qhov tseeb	truthfulness
qhov tseeb	truth
qhov tseem ceeb	essential
qhov tseem ceeb tshaj	main
qhov twg	where
qhov twg los tau	any setting
qhov txhia qhov chaw	everywhere
qhov txuj ci tseem ceeb	miracle
qhov yuav tau txais	consequence
qhov yus pheej ua	habit
cov qhua	visitors
qhua maj	chicken pox
qhua pias	measles
tus qhws ntsej	earrings
qi	to shut (eyes, mouth, etc)
qib kawm ntawv	grade
qib kawm ntawv	grade level
lub qij	garlic
qis dua	lower
qis taub	short (height)
qis taub dua	shorter (height)
qis tshaj plaws	lowest
qoob loo	grain
qos yaj ywm	potato
qos yaj ywm kib	french fries
qos yaj ywm mos	mashed potatoes
quaj	to cry (weep)
Phau Qub	Old Testament
rais los ua	to become
lub raj	trumpet
tus raj nplaim	flute
rau	six
rau	toward
rau	for
rau	to
rau caum	sixty
rau hauv	into
lub Rau Hli Ntuj	June
rau saum	on
rau siab	intent (desire)
rau siab	diligently
raug	to experience (usually something bad)
raug	to face (usually bad things)
raug hu	called
raug ntiab tawm	cast out
raug tau	subject (vulnerable to)
raug tsim txom	persecuted
raug txiav txim	judged
raug txom nyem	to suffer
raug xaiv	chosen
rab rauj	hammer
raus	immersion
raus	to immerse
rab rawg	fork
rawm	hurry (b/c you want to)
raws kev cai lij choj	legal
raws li	accordance
raws li	according to
raws li ib txwm	usually
raws nraim li	exact
raws nraim li	strictly
raws sij hawm	on time
rho	to pull (pull out/ extract)
rho me nyuam	abortion
rho tawm	withdrawal
rab riam	knife
ris	slacks
ris	pants
ris	to take upon
lub ris luv	shorts
lub ris ntaub	sweat pants
lub ris ntaub txhav	jeans
ris rau yus tus kheej	to take upon oneself
cev ris tsho hnav pw	pajamas
ris txiaj	thankful
ris txiaj	to appreciate
ris txiaj	grateful
rog	fat
cov roj	oil
cov roj	fuel
roj pleev qhob cij	butter
lub roj teeb	battery
lub roob	mountain
lub rooj	table
lub rooj	counter
lub rooj sab laj	meeting
lub rooj sab laj	conference
lub rooj sab laj hais lus tim khawv	testimony meeting
lub rooj sab laj txais lub cim nco txog	sacrament meeting
lub rooj sau ntawv	desk
tej rooj tog	furniture
lub rooj zaum	sofa
lub rooj zaum	chair (seat)
rov qab cog lus	to recommit
rov qab los	to return
rov qab los	to come back (to a familiar place)
rov qab los	to return (to a familiar/close place)
rov qab mus	back (go back)
rov qab saib	to review
rov qab sib koom ua ke	reunited
rov qab sib ntsib	to reunite
rov qab sib tham txog	to follow–up
rov qab tuaj	to come back (to an unfamiliar place)
rov qab tuaj	to return (to an unfamiliar/far-away place)

rov qab ua	renewed
rov ua	to continue (resume)
rov ua dua tshiab	to renew
rua	to open (eyes, mouth, etc)
ruaj nrees	firm
rub	to pull (tug on)
lub ruv tsev	roof
sab	side
sab cib	strainer
sab hauv qab	below
sab hnub poob	west
pawg sab laj	council
tus sab laj hlob	high councilor
sab qab teb thiab sab hnub poob	southwest
sab qab teb thiab sab hnub tuaj	southeast
sab qaum teb thiab sab hnub poob	northwest
sab qaum teb thiab sab hnub tuaj	northeast
sai li sai tau	as soon as possible
saib	view
saib	to look at (watch)
saib xyuas	to administer (care)
saj	to taste
qhov saj	taste
lub sam thiaj	pulpit
sau ntawv	to write
sau tseg cia	to record
sab saud	top
saum	above
saum	up
saum ntuj ceeb tsheej	heaven
txoj saw	necklace
sawv	to rise (stand up)
sawv	to stand
sawv cev	representative
sawv cev	to represent
sawv daws	everyone (general)
tus sawv los coj tom qab	successor
txoj sia	life (breath/being alive)
txoj sia nyob mus ib txhis	eternal life
siab	height (tall)
siab	tall
lub siab	heart (dealing with emotions)
siab dav	generous
siab dua	higher
siab hlob	pride
lub siab kam	willingness
siab ncaj	honest
lub siab nyiam	will (desire)
siab tshaj plaws	highest
siab tus	calm
lub siab xav	feeling
lub siab xav	intent (the meaning behind the act)
lub siab xav pab	spirit of service
lub siab xav tau	need
lub siab xav tau	desire
lub siab xav teev tiam	spirit of worship
lub siab xav ua tsaug	spirit of thanksgiving
siab zoo	friendly
siab zoo	nice (kind)
sib khi	sealed
sib koom	to unite
sib ncaim	separated
sib nrauj	divorced
sib phim	compatible
sib qhaib	engaged
sib raug zoo	to belong
sib tham	to talk
sib tham	to communicate
sib tham kom paub txog	to get to know
sib tham txog	to discuss
sib tham txog ib feem kaum	tithing settlement
sib tsoo	to crash
sib tws	match (competition)
sib tws khiav	race
sib tws ua si	sporting activities
sib txheeb li cas	relationship (how you're related)
sib yeem lus	agreement
sib yuav lawm	married
sib zog	to exert
lub sij hawm	schedule
lub sij hawm	period (short period of time)
lub sij hawm	time (general, ex: I have time)
sij hawm ntawm yus tus kheej	personal time
sim	to try (to make an attempt)
sim	to test
sim hnav seb	to try on
sim siab	to try (to test someone)
qhov sim siab	trial (a test)
sim ua	to endeavor
txoj siv	belt
siv	to use (general)
siv kev ntseeg	to exercise faith
siv zog	effort
siv zog	to exercise
siv zog	to strive
so	to rest
so	eraser
so kom tsis muaj plua tshauv	to dust
sov	warm
sov	hot (weather/physical state)
daim stamp	stamp
pluas su	lunch
lub suab	voice
lub suab	sound
lub suab nrov	noise
swb	to lose (be defeated)
swb	to fail
tab kaum	to burder (bother)
tab tom hloov	changing

tag kis	tomorrow
tag nrho	whole
tag nrho	total
tag nrho	fulness
tag nrho	all
tag nrho hauv ntiaj teb	worldwide
taij thov	to plead
tais	to fold
tais	bowl
cov tais diav	dishes
tas mus li	permanently
tas sim neej	to die (go to the end of your life)
tas sim neej	dead (more proper)
tas sim neej lawm	deceased (proper)
tas tuag lawm	deceased (blunt)
tau	to obtain (to get)
tau	to get
tau cog lus lawm	promised
tau hloov lawm	transformed
tau kev pom zoo	confirmed
tau kev pom zoo ua ib tug mej zeej hauv lub Koom Txoos	confirmed a member of the Church
tau kev qhuab qhia	to be counseled
tau kev txhiv dim	redeemed
tau kev zam txim	remission of sins
tau kev zam txim	forgiven
tau koob hmoov	blessed
tau muab txum tim rov qab los	restored
tau sawv rov los	resurrected
tau siv	to be used
tau tsa los	ordained
tau txais lub hwjchim	commissioned
tau ua kev cai raus dej	baptized
tau vaj txiaj ntsim	endowed
lub taub hau	head
taug	to follow (a path)
tawm mus	to depart
tawm ntawm	off
tawm sab nraum	out
tawm tsam	to protest
tawm tsam	to attack
tawm tsam	to conflict with (fight against)
tawv	hard (texture)
daim tawv nqaij	skin
tawv tsiaj	leather
lub taxi	taxi
teb	to answer
lub teb chaws	country
lub Teb Chaws Amelikas	United States
tee	drop
lub teeb	light
lub teeb	lamp
lub teeb liab	stoplight (traffic light)
qhov teeb meem	problem
lub teem caij	appointment
teev	hour
teev tiam	to worship (loud)

teev tiam	worship (loud)
tej thaum	sometimes
tej yam peb khwv tau	increase (our gain)
txhais tes	hand
txhais tes	hands
lub tes tsho	sleeve
thaiv	to prevent
daim thaj av	land
lub thaj chaw	zone
lub thaj chaw ib ncig tsev	yard
thaj chaw lub rooj sab laj	zone conference
thas ntsej muag	to put on makeup
thaum	during
thaum	when (answer)
thaum kawg	finally
thaum twg	when (question)
thaum twg los tau	any time
thaum uas	while
thaum yav tsaus ntuj	in the evening
thawb mus tom ntej	to continue (push forward)
thawj	first (the very first)
tus thawj coj	leader
tus thawj coj rau koog chaw	district leader
tus thawj coj rau thaj chaw	zone leader
Thawj Pawg Thawj Tswj Hwm	First Presidency
tus thawj tswj hwm	president
tus thawj tswj hwm tus pab cuam	assistant to the president
tus thawj tswj tuav dej num	administrator
tus thawj txiv plig	pope
thawlethi–aus	terrestrial
lub thawv	box
lub thawv	package
lub thawv txais ntawv	mailbox
theej txhoj	to atone
theem	step (in a process)
theem hauv qab	downstairs
theem saum	upstairs
theem thib ib	ground floor
theem thib ib	first floor
theem thib ob	second floor
them	to pay
them nyiaj	to spend
thiab	and
thiab	too (also)
thib cuaj	ninth
thib ib	first (first in a list, a pattern, or steps)
thib kaum	tenth
thib kaum ib	eleventh
thib ob	second
thib peb	third
thib plaub	fourth
thib rau	sixth
thib tsib	fifth
thib xya	seventh
thib yim	eighth

thilethi–aus	telestial
lub thoob	bucket
thooj av teb chaws	continent
nkawm thoom thaub	socks
thov	please
thov caw	to invite
thov txim	to apologize
thov txim	sorry
thov Vajtswv	to pray
tus thwj tim	apostle
ti nkaus	against
daim tiab	skirt
daim tiab	dress (article of clothing)
daim tiab sab hauv	slip
tiag	really (really?)
tiag tiag	serious
tiaj	flat
tiam sis	but
tiav	complete
tib leeg	alone
tib neeg	mankind
tib neeg coob	crowd
tig ncaj rau	facing
Tij Laug	Brother
tus tij laug	older brother (as called by a male)
tus tij laug tus ntxhais	niece
tus tij laug tus tub	nephew
sab tim	across
sab tim	at (way over there)
tus tim khawv	witness
tus tim tswv	angel
tiv	to resist
tiv nqi	to charge
tiv tauj	contact
to taub	to understand
tob	deep
lub toj	hill
toj ntxa	cemetery
tom	to bite
tom	at (just over there)
tom hauv ntej	in front of
tom ntej	forward
tom ntej	front
tom ntej no	next
tom qab	after (following, behind)
tooj dag	brass
tos	to wait
tos lwm lub sij hawm	to postpone
tos ntsoov	to expect
tos txais	to welcome
tsa	setting apart
tsa	to ordain
tsa	to set apart
tsa	set apart
tsa tes swb	to give up (surrender)
tsab ntawv	mail

tsab ntawv	post card
tsab ntawv	letter
tsav	to drive
txiv tsawb	banana
tsawg tsawg	rarely
tseem ceeb	important
tseem ceeb	importance
tseem ceeb	priority
tseem ceeb heev	major
tus tseem fwv	government
tus tseem fwv pom zoo	notarization
tseg	to quit
tseg xov xwm	to leave a message
lub tsev	town house
lub tsev	house (home)
lub tsev ceg txheem ntseeg	stake center
lub tsev hais plaub	court
lub tsev hauj lwm	company
lub tsev kawm ntawv	school
lub tsev kawm ntawv nruab nrab	middle school
lub tsev kawm ntawv qib siab	college (university)
lub tsev kawm ntawv siab	high school
lub tsev kawm ntawv theem pib	elementary school
lub tsev kawm ua hauj lwm	technical college
lub tsev kem	apartment
lub tsev khaws puav pheej	museum
lub tsev kho mob	hospital
lub tsev koom txoos	church (building)
lub tsev loj	building
lub tsev muag khoom noj	grocery store
lub tsev muag tshuaj	drug store
lub tsev muag tshuaj	pharmacy
lub tsev muag zaub mov	restaurant
tsev neeg	immediate family
tsev neeg	family
tsev neeg hmo ua ke	family home evening
tsev neeg zaj keeb puam	family history
lub tsev ntxhua khaub ncaws	laundromat
lub tsev ntxhua khaub ncaws qhuav	dry cleaners
lub tsev qiv ntawv	library
lub tsev siab	high–rise
lub tsev sib ntsib	meetinghouse
lub tsev teev tiam Vajtswv	chapel
lub tsev tos neeg tuaj	visitor's center
lub tsev tos tsheb ciav hlau	train station
lub tsev tub ceev xwm	police station
lub tsev txiav plaub hau	salon
lub tsev txiav plaub hau	barber shop
lub tsev ua qhob cij	bakery
lub tsev ua yeeb yam	theater
lub tsev uas yus cab tau	mobile home
lub tsev xa ntawv	post office
lub tsev xaub pw	hotel
lub tsev yuav roj	gas station
pluas tshais	breakfast

tshaj tawm	to declare
tshaj tawm	to announce
lub tshav	field
lub tshav dav hlau	airport
tshav ntuj	sunshine
lub tshav pob	park
tshawb	to search (look through)
lub tsheb	car
lub tsheb	vehicle
lub tsheb ciav hlau	train
lub tsheb ciav hlau hauv qab av	subway
lub tsheb loj	van
lub tsheb npav	bus
tsheb sib tsoo	wreck
lub tsheb thauj neeg mob	ambulance
tshee	to shake
tshem tawm	to withdraw
daim tshev	check
tshiab	new
tshij	cheese
tus tshis	goat
lub tsho	shirt
lub tsho loj	coat
lub tsho plaub	sweater
lub tsho poj niam	blouse
lub tsho xuv	suit coat
rooj tshoob	wedding
tshooj	chapter
tshuab	to play (an instrument–horn, etc)
tshuab	to blow
lub tshuab	machine
pawg tshuab nkauj	orchestra
pawg tshuab nkauj	band
lub tshuab ntxhua khaub ncaws	washing machine
lub tshuab ntxuav tais diav	dishwasher
lub tshuab ziab khaub ncaws	dryer
tshuaj	medicine
tshuaj	vitamins
tshuaj chais hwj txwv	shaving cream
lub tshuaj hnoos	cough drop
tshuaj kom cov nqaij tawv mos	lotion
lub tshuaj noj zoo mob taub hau	aspirin
tshuaj ntaus kab mob	antibiotic
tshuaj phem	drug
tshuaj pleev	cream (medecine)
tshuaj pleev	ointment
tshuaj pleev qhov tsos	deodorant
tshuaj pleev tom qab chais hwj txwv	after shave
tshuaj tsuag plaub hau	hairspray
tshuaj txhuam hniav	toothpaste
tshuaj ua rau plaub hau mos	conditioner
tshuaj zawv plaub hau	shampoo
tshwj tseg	consecrated
tshwj tseg	to set aside
tshwj xeeb	special
tshwm sim	to appear
tshwm sim	to reveal
tus tsiaj txhu	animal
tsib	five
tsib caug	fifty
lub Tsib Hlis Ntuj	May
tsim	to create
tsim	form
tsim nyog	moral
tsim nyog	appropriate (proper)
tsim nyog	necessary
tsim nyog	to qualify
tsim txiaj	virtuous
tsim txiaj	worthy
tsim txom	abuse
tsis	not
tsis cia	to keep from
tsis haum	to conflict with (not work out)
tsis haus luam yeeb	non–smoking
tsis hloov	unchanging
tsis huv	unclean
tsis khoom	busy (not available)
tsis mloog lus	to disobey
tsis muab	to withhold
tsis muaj	without
tsis muaj dab tsi hauv	empty
tsis muaj ib tug	none
tsis muaj kev txhaum	sinless
tsis muaj leej twg	nobody
tsis nco qab lawm	forgotten
tsis ntev no	soon
tus tsis ntseeg Vajtswv	Atheist
tsis pub luag tej paub txog	private
tsis qhia leej twg	confidential
tsis quav ntsej	to ignore
tsis tas li ntawd xwb	besides
tsis tu ncua	constant
tsis txaj muag	outgoing
tsis txaj muag	openly
tsis txawj tuag	immortal
tsis txawv	normal
tsis ua	to refrain
tsis ua ntxiv	to cancel
tsis xav txog yus tus kheej	selfless
tsis xis nyob	ill
tsis yog	instead of
tsis yog	no
tsis yog	wrong
tsis zoo	bad
tsis zoo dua	worse
tsis zoo heev	awful (terrible)
tsis zoo siab	unhappy
tsis zoo tag nrho	imperfect
tso	to lay
tso	to set
tso	to place

daim tso cai	permit
tso cai rau	recommend
tso tes	to place hands
tso tes	laying on of hands
tso tseg	to give up (give away)
tso tseg	to give up something
lub tsom iav	glasses
lub tsom iav dub	sunglasses
tsom kwm saib xyuas	care
tsom kwm saib xyuas	to care for
tsoo	crack
cev tsoos tsho	garments
tus tsov	tiger
tus tsov ntxhuav	lion
tsuas yog	except
tsuas yog	unless
tsum	to stop (an action)
lub tswb	bell
tswj hwm	to control
tswj hwm yus tus kheej	self–control
tswm seeb	solemn (person)
tus Tswv	Lord
tus tswv num	employer
tus Tswv tus Ntsuj Plig	Spirit of the Lord
lub tswv yim	wisdom
ib lub tswv yim	suggestion
ib lub tswv yim	idea
tu	nurture
tu	to clean (clean up)
tu lawm	raised
tu siab	disappointed
tu siab	sad
tu siab tiag tiag	godly sorrow
tua	to kill
tuab	thick
tuag	to die (be dead, be killed)
tuag lawm	dead (more blunt)
tuaj	to come (to an unfamiliar/far-away place)
tuaj xyuas	to come by (an unfamiliar place)
lub tuam tsev	temple
tuav	to hold
tuav	to take (grasp in hand)
tus tuav lub pov thawj hwj	priesthood holder
tus tuav lub pov thawj hwj	holder
tus tub	son
Leej Tub	Son
tus tub ceev xwm	policeman
lub tub dai khaub ncaws	closet
tus tub hluas	boy
tub nkeeg	lazy
tus tub qhe	servant
lub tub rau khaub ncaws	dresser
lub tub rau khoom	drawer
tus tub txib	missionary (messenger)
cov tub txib txoj hauj lwm	missionary work
tus tub xeeb ntxwv	grandson
lub tub yees	refrigerator (freezer)
lub TV	television
twb ua lawm	already
twg	which (ex: which one?)
twg	any
twv	to challenge
txais	to receive
txais	to obtain
txais tau	to obtain (to accept)
txais tau	to gain
txais yuav	to partake
lub txaj	bed
txaj muag	shy
txaus	enough
txaus nyiam	interest
txaus siab	content
tus txaus siab pab dawb	volunteer
txav	to move (movement)
txawb	to throw (pitch)
txawj	to be able to (skilled)
txawj ntse	intelligent
txawj tuag	mortal
txawm yog	though
txawm yog	although
txawv	strange
txawv	different
lub txee	cupboard
lub txee	cabinet
lub txee	shelf
lub txhab nyiaj	bank
txhais lus	to translate
txhais lus	to interpret
txhais tias	to mean
txhaj tshuaj	shot
txhaj tshuaj tiv thaiv kab mob	vaccination
txham	to sneeze
txhawb nqa	to support
txhawb ntswg	stuffy nose
txhawb siab	uplifting
txhawb zog	to strengthen
txhawj	worry
tus txheeb ze	relative
tus txheej txheem	pattern (process)
tus txheej txheem	order
txhiab	thousand
txhiab plhom	billion
txhiab txhiab plhom	trillion
txhim tsa	to establish
txhim tsa	to organize
tus Txhiv Dim	Redeemer
xim txho	gray
lub txhoj tog	anchor
txhos caug	to kneel
txhua	every
txhua leej txhua tus	everyone (flowery)
txhua lub lim tiam	weekly

txhua ob hnub	every other day
txhuam	to brush (teeth)
tus txhuam	brush
txhuam hauv av	to mop
tus txhuam hniav	toothbrush
tus txhuam tsev	mop
txi	to sacrifice
lub txiaj ntsim	gift (intangible/a talent)
lub txiaj ntsim Vaj Ntsuj Plig Dawb Huv	gift of the Holy Ghost
lub txiaj ntsim zoo	benefit
txias	cool
txias	cold (to the touch)
txiav	to cut (chop)
rab txiav	scissors
txiav me ntsis	to trim
txiav plaub hau	to get a haircut
rab txiav rau tes	clippers
txiav txim	to judge
tus txiav txim	judge
txiav txim siab	to decide
txiav txim siab	to determine
txib	to command
qhov txib mus ua	assignment
txij	since
tus txij nkaum	spouse
lub txim	penalty
lub txim	punishment
Leej Txiv	Father
tus txiv	husband
tus txiv	father
lub txiv	fruit
tus txiv hlob	uncle (father's older brother)
Txiv Hnub	Father's Day
txiv laum huab xeeb uas yus pleev tau	peanut butter
txiv lws suav	tomato
txiv mom coos	pear
tus txiv neej	man
tus txiv neej	male
tus txiv neej tham txiv neej	homosexual
Txiv Ntxawm	Mr.
tus txiv ntxawm	uncle (father's younger brother)
Leej Txiv Nyob Saum Ntuj	Father in Heaven
tus txiv plig	priest
Leej Txiv Saum Ntuj Ceeb Tsheej	Heavenly Father
tus txiv tshiab	step–father
tus txiv yawg	father–in–law (as called by woman)
txog	until
txog	about
txoj cai ntawm lub pov thawj hwj	priesthood authority
txoj kev raug txib	quest
txoj kev txim lij tej kev txiav txim	demands of justice
txoj kev uas cov tub ceev xwm saib xyuas ib tug neeg uas tau ua txhaum kev cai lawm	parole
txuj ci	talent
txuj lom	seasoning
txum tim rov qab los	to restore
Txwj Laug	Elder
txwv	to prohibit
txwv tsis pub	to deny (not allow)
txwv tsis pub	forbidden
txwv tsis pw ua ke	abstinence
ua	to do (perform, act)
ua	to make (build, develope)
ua	to commit (an act)
ua daus no	chills
ua hauj lwm	to work
ua hauj lwm	to proselyte
ua ke	together
ua kev cai raus dej	to be baptized
ua kev zoo siab	to celebrate
ua kom	to enable
ua kom	to cause
ua kom dawb huv	to sanctify
ua kom nco ntsoov	to remind
ua kom puv	to fill
ua kom qaug zog	to overwhelm
ua kom tib neeg saib	to draw attention
ua kom tseeb	to make sure
ua kom tseeb	to ensure
ua kom tsis pub luag tej paub txog	privately
ua kom zoo siab	to satisfy
ua luam dej	to swim
ua luam dej	swimming
ua mov noj	to cook
ua mov noj	cooking
ua neej	to live (lead your life)
ua npau suav	dream
ua npaws	fever
ua npaws	flu
ua ntej	before
ua ntej nyob hauv ntiaj teb	pre–earth
ua ntxiv mus	to continue (in developing the habit)
tus ua num	employee
ua phooj ywg	to fellowship (befriend)
ua rau nws pom	to show
ua rau yus nco txog	reminder
ua rau yus tus kheej	personally
ua raws li	to obey (do according to)
ua si	to play
ua si	play
ua si koos pib tawj	computer games
ua siab loj	courage
ua siab ntev	patiently
ua tab meeg tib neeg	publicly
ua tau	possible

ua tau	could
ua tau	to be able to (allowed to)
ua tau	to accomplish
ua tau zoo	to succeed
ua tau zoo	success
ua taus	to be able to (physically able)
ua taus	to achieve
ua tej yam nrog tsev neeg	family–centered activities
ua tiav	to finish (complete, fulfill)
ua tim khawv	to bear testimony
ua tim khawv	to witness
ua tim khawv	to testify
ua tsaug	to thank
ua tsaug	thanks
ua tsaug rau	thanks to
ua txhaum	to sin
ua xam phaj	to interview
ua yeeb yam	role play
ua zoo tag nrho	to perfect
uas	which (who/that, etc)
uas hlub heev	loving
tus uas kuv hlub	beloved
uas muaj lub yeeb koob	glorified (adjective)
uas Vajtswv tau pub	God–given
lub vaj	garden
lub Vaj Edees	Garden of Eden
cov vaj lug kub	scriptures
vaj lug kub	scripture
phau Vaj Lug Kub Npaiv Npaum	Bible
phau Vaj Lug Kub Npaiv Npaum	Holy Bible
phau vaj lug kub uas dawb huv	holy scripture
tus Vaj Ntsuj Plig Dawb Huv	Holy Ghost
lub vaj txiaj ntsim	endowment
Vajtswv	God
Vajtswv lub nceeg vaj	Kingdom of God
Vajtswv txoj lus	word of God
vam	to depend
vam khom	to rely on
vam khom rau	to rely (place in another's hands)
vam meej	to progress
vam meej	successful
tus vaub kib	turtle
vaum	humidity
tus vauv	son–in–law
vim	because
vim li cas	why
lub viv	toilet
tus viv ncaus	sister (as called by female)
wb	we (2)
xa	to send
xa mus lwm qhov	to transfer
xa ntawv	to mail
xaiv	to choose
lub xam phaj	interview
xam xaj	citizenship
tus xaum	chalk
tus xaum qhuav	pencil
xaus	to close (a speech, bring to a close)
xav	to think
xav	to want
xav paub txog	interested
xav paub txog	interesting
xav tau	to need
xav tau	to desire (to want)
xav tsis thoob	to wonder
xav ua zoo	contrite
xav zoo zoo txog	to ponder
cov xeeb leej xeeb ntxwv	posterity
xeeb me nyuam	pregnant
tus xeeb ntxwv	great–grandchild
tus xeeb ntxwv	grandchild
xeeb txob	trouble
qhov xeem ntawv	exam
xeev siab	nauseated
xim xiav	blue
tus xib hwb	teacher (master)
tus xib hwb	pastor
tus xib hwb	minister
xib teg	palm
xilethi–aus	celestial
xim	color
xis	to enjoy (food/places)
sab xis	right (opposite of left)
xob laim	lightning
xob quaj	to thunder
xob quaj	thunder
xoo fai fab	x–ray
xoob	loose
txoj xov dig hniav	floss
tus xov tooj	telephone number
lub xov tooj cua	radio
zaj xov xwm	message
xuas	to use (as in tools or weapons)
xub npus	soap
xub npus ntxhua khaub ncaws	laundry soap
lub xub ntiag	presence
xum	zero
cev xuv	suit
xwb	only
lub xwb pwg	shoulder
xwm txheej	accident
xwm txheej	danger
xya	seven
xya caum	seventy
lub Xya Hli Ntuj	July
xyaum	to apply (put into action)
xyaum	to practice
xyaum hu nkauj	choir practice
xyaum ua hauj lwm	internship
xyaw	to mix

xyeej pov tseg	to reject
xyeej pov tseg	to turn away
xyem xyav	doubt
xyuas	visit
xyuas	to visit
tus yaj	sheep
tus yaj saub	prophet
tus yaj saub uas muaj txoj sia nyob	living prophet
Yakaunpaus	James
Yakhauj	Jacob
Yaloos	Jarom
yam	result
yam ntxim saib ntxim ua	activity
tus yam ntxwv	image (likeness)
tus yam ntxwv	example (model)
tej yam tsis haum lub cev	allergies
yam twg los tau	any kind
tej yam uas lom zem ua	recreational pursuits
yam uas qhia tias muaj mob	symptom
tej yam yuav tsum muaj	necessities
yam yus nyiam ua	hobby
tej yam yus ua	experience
Yauhas	John
Yauhas tus uas Muab Neeg Ua Kev Cai Raus Dej	John the Baptist
Yauj	Job
yaum	to encourage
yaum	to influence
yaus	younger
Yauxej Xamiv	Joseph Smith
yav sawv ntxov	in the morning
yav sawv ntxov	morning
yav tas los	past
yav tav su	afternoon
yav tom ntej	future
yav tsaus ntuj	evening
yav txheej thaum ub	ancient
tus yawg	grandfather (from father's side)
tus Yawg Laus Santa Claus	Santa Claus
tus yawg suab	patriarch
tus yawm txiv	father–in–law (as called by man)
tus yawm txiv	grandfather (on mother's side)
tus yawm yij	brother–in–law (sister's husband)
lub yeeb koob	glory
tus yeeb ncuab	adversary
tus yeeb ncuab	enemy
yeeb tsheej	paradise
tus yeeb yam	behavior
tus yeeb yam	movie
yeej	always
yeej tsis tau	never
Yehauvas ua tim khawv	Jehovah's Witness
Yeluxalees	Jerusalem
Yexus Khetos	Jesus Christ
Yexus Khetos lub Koom Txoos ntawm Tsoom Haiv Neeg Nt-seeg hauv Hnub Nyoog Kawg	The Church of Jesus Christ of Latter–day Saints
lub yias	pan
yim	eight
yim caum	eighty
lub Yim Hli Ntuj	August
yog	right (correct)
yog	to be (permanent)
yog	if
yoo	to abstain from
yoo mov	to fast
yooj yim	simple (easy)
tus yoov	fly
tus yoov tshaj cum	mosquito
yuam kev	astray
yuam kev	mistake
yuam kev	to fall short
yuam kom ua	to require
cov yuam sij	keys
yuav	to buy (purchase)
yuav khoom	to shop
yuav khoom noj	grocery shopping
yuav luag	almost
yuav me nyuam	adopted
yuav tau	would
yuav tau ua	should
yuav tsum	to have to
Yudas Ikhalaus	Judas Iscariot
yug dua tshiab	born again (reborn)
yug los	born
yus li	own
zais	hidden
zam	to avoid
zam txim	to forgive
zaub	vegetable
zaub cob pob	broccoli
zaub mov	food
zaub ntsuab	lettuce
zaub ntsuab	salad
zaub pwm liab	carrot
zaum	to sit
zaus	time (as in one more ";time";)
ze	close
ze	near
ze dua	closer
cov zib ntab	honey
lub zog	strength
lub zog	energy
zoo	honorable
zoo	good
zoo	well
zoo dua	greater
zoo dua	better
zoo heev	excellent
zoo ib yam	same
zoo kawg	great

zoo kawg nkaus	wonderful
zoo li cas	condition
zoo li Khetos	Christ–like
qhov zoo nkauj	beauty
zoo npaum li cas	quality
zoo siab	pleasure
zoo siab	congratulations
kev zoo siab	happy
zoo siab nyob hauv	to delight
zoo tag nrho	perfect
zoo tag nrho	perfectly
zoo tshaj plaws	best
zoo tshaj plaws	ideal
lub zos	hometown
lub zos	town
lub zos	village
lub zuag	comb

THE CHURCH OF
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